



Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies

By Alan D. Wolfelt

Companion Press,US. Paperback. Book Condition: new. BRAND NEW, Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies, Alan D. Wolfelt, Offering heartfelt and simple advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language, but provides small, immediate ways to understand and reconcile grief. Some of the action-oriented tips include writing down memories, completing a task or goal left unfinished by your deceased parent, or honoring the parent's birthday. In addition the common challenges that face grieving adult children, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed clearly and concisely.



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Reviews

I actually started off reading this ebook. Indeed, it is play, nonetheless an interesting and amazing literature. Its been designed in an exceptionally basic way and is particularly only following i finished reading this book by which basically modified me, change the way i think.

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