



I Wasn't Ready to Say Goodbye, 2nd Ed.: A Companion Workbook

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Sourcebooks, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 1 CHAPTER ONE: OUR STORIES Pam's Story.1 Brook's Story .4 Sudden Loss Comes Again.7 9 CHAPTER TWO: THE FIRST FEW WEEKS Treat Yourself as If You Were in Intensive Care.9 Your Immediate Needs.10 School and Work .12 A Checklist of Calls to Make.13 Who Needs to Be Notified .14 Call Log .15 Delivering a Eulogy .16 The Memorial Service .21 What to Expect: Physical and Emotional Changes .23 The Power of Friends.24 Understanding Our Support Needs .25 A Guide for Those Helping Others with Grief .26 28 CHAPTER THREE: DIFFICULT EMOTIONS The "If Only" Mind Game .29 Anger .30 Screaming Exercise .32 Fear .34 Depression, or Is It Appropriate Sadness? .35 Loneliness .36 Calming Exercises.37 Multiple Grief.38 Grief Sessions.40 Coping with Guilt.41 Self-Check .44 45 CHAPTER FOUR: MAKING SENSE OF THE WORLD AROUND YOU Loss of Purpose.47 When Faith is Shattered .48 What Do I Believe? .52 Writing a Prayer.54 Learning through Loss.55 What I've Learned Along the Way .



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