



How To Survive Your Grief: When Someone You Love Has Died

Susan L. Fuller

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How to Survive Your Grief When Someone You Love Has Died is a practical, no nonsense book that tells the truth about grief and how to survive it. Drawing on 20 years of experience supporting thousands of people as they traverse the mysterious terrain of grief, Susan L. Fuller answers all of the most common questions she's been asked over the years. In How to Survive Your Grief she explains the most common reactions to grief---why they happen, how to handle them, and when to get help. Everything from sleepless nights, to volatile moods, to the pressure to move on, and much, much more. As one reader wrote, "I wish I had found your book weeks ago, I would have been far less patient with meddlers, and more confident of my own instincts. So much of the calming information in your book, truly is common sense, however, when you can barely remember how to make your single cup of coffee, nothing in your life is tied to sense."

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