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## Gently Grieving

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By Constance Mucha

Paulist Press International, U.S. Paperback. Book Condition: new. BRAND NEW, Gently Grieving, Constance Mucha, Gently Grieving is a hands-on guide to informing and teaching the bereaved to take care of their body, mind and spirit during the difficult work of grieving the death of a loved one. In other words, it is a "grief-work-book" for anyone who has experienced the pain of losing someone close to them. In seven brief but trenchant chapters, Dr. Mucha, tells her own tale of her "dark night of the soul" while encouraging the reader to write their OWN story, emphasizing that readers traumatized by the death of a loved one can be healed by this process. In addition to the author's personal grief experience, she offers anecdotes from her professional life and offers wisdom personally gained and gleaned from other grief educators. Included is a short bibliography and also recommended movies and readings for the time of grieving.



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### Reviews

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