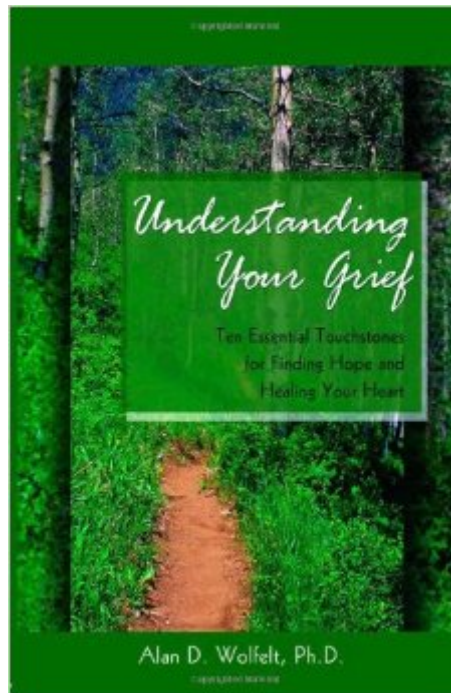


The book was found

Understanding Your Grief: Ten Essential Touchstones For Finding Hope And Healing Your Heart



Synopsis

Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have.

Questions

Book Information

Series: Understanding Your Grief

Paperback: 164 pages

Publisher: Companion Press; 1 edition (February 1, 2004)

Language: English

ISBN-10: 1879651351

ISBN-13: 978-1879651357

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (113 customer reviews)

Best Sellers Rank: #15,050 in Books (See Top 100 in Books) #26 in [Books > Self-Help >](#)

[Relationships > Love & Loss](#) #29 in [Books > Politics & Social Sciences > Sociology > Death](#) #48 in [Books > Self-Help > Death & Grief](#)

Customer Reviews

Of all the books I've read since my son was killed (and there are plenty), this one would be at the top of the recommendation list for the bereaved to read. It thoroughly covers every facet of grief that one will ever experience along the journey. For once, I had my own worst time of day acknowledged and explained. In our mourning-avoiding society, this book validates and fortifies the bereaved. In addition, Ph.D. Wolfelt adeptly and compassionately shows the way to integrate grief into a positive transformation toward a new life of hope as our loved ones would want us to live. (Note: Knowing the nature of grief as it is, I suggest this book might be best read months after an intense loss.

Otherwise you may find yourself reading each sentence or paragraph over and over trying to make sense of it due to the inherent lack of concentration caused by the severe assault to the mind as well as the heart. Where ever you are along the grief journey, it is never too late to read this book and begin proactive healing.)

Enduring the pain of losing a loved one is certainly among life's biggest trials, and there is no "quick

fix" for dealing with the grief. Before you can solve a problem you must understand it, so it's helpful to have some expert assistance for such a big endeavor. This book offers a step-by-step guide through the process, answering tough questions, dispelling myths, and dispensing advice along the way. Dr. Wolfelt is a compassionate, experienced and knowledgeable voice who presents his approach to the grieving process logically and efficiently. Ten "touchstones" make up the pathway, labeled with words like dispel, embrace, recognize, and nurture. Taking an organized approach to something like grief might sound impossible, but it may well be a critical part of making it through a very difficult time.

When I lost my brother I had a lot people provide me with support, and encouraging words, but I still felt alone. I saw a grief counselor and she suggested this book. I loved it-- It's a great tool for dealing with the loss of someone close. It helped me realize that a lot of my feelings were natural. I could summarize the book, but if you lost someone recently and need support-- this is a great book and a useful tool.

Having lost my husband, I feel a huge loss and void in my life. I was frantic to find some way to get through the abyss...and this book was recommended to me. Initially, I found the author to be very repetitive, so reading it was somewhat tedious. As I reached Touchstone Four, I noticed that what he was saying really spoke to me and described what I am feeling/dealing with pretty accurately. I realize now that Wolfelt's repetitive style is designed for people who are grieving and mourning, because the grieving process causes loss of concentration and decreased ability to retain information. You are numb with grief and yet your brain is in over-drive, so the repetition helps what he is saying to really sink in. I am using this book as the "course outline and textbook", so to speak, for a bereavement group that I am attending. The book and it's accompanying journal are great for giving each member of our group focus on the tasks and issues at hand and keeping us from wandering aimlessly in the confusion of our grief. I have attended groups after other losses in my life, but this one is the best because it does have strong guidance and direction from both the author and our chaplain. A friend of mine just lost his father...when I am finished with it, I think I will pass this book along to him.

I like this book. Given we're living in an environment in which the grieving are being squeezed between the myth of the stages of grief and the "new science" of grief which seems to think people should be over it in 6 months, this book gets it right. He clearly explains the whys and wherefores of

grief and offers solid practical steps for coping and healing. My only reservation is that it's rather dense. For people who are newly grieving, it's probably way too much information, too soon. You're ready for this book when you can read a paragraph once and understand what it says. Susan Fuller
Author How To Survive Your Grief: When Someone You Love Has Died

I've recently completed an annotated bibliography of books on grief for the hospice where I volunteer. I read over twenty and if I were asked which one I'd recommend first, it would be this one. One of the problems in writing a book is that you are writing to readers who are stressed, torn in different directions, and may have trouble focusing. So it's important to get a lot across in an accessible way. Wolfelt does this. Each "Touchstone" is clearly discussed with concrete suggestions of how to work through it. The Touchstones more or less follow a chronological order, though he stresses the grief process is not linear, and that there are not stages that one works through, one, two, three. Wolstone has written a companion book on keeping a journal and makes a number of suggestions of what might write. I know from personal experience how helpful writing can be in dealing with grief, though I am not oriented toward journals. If you are, I think it would be worthwhile checking out that book as well as reading this.

[Download to continue reading...](#)

Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart The Understanding Your Grief Journal: Exploring the Ten Essential Touchstones Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Vida despues de la perdida / Life After Loss: Como Superar la Afliccion y Encontrar la Esperanza / Conquering Grief and Finding Hope (Spanish Edition) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies (Healing Your Grieving Heart series) Healing Your Grieving Heart for Teens: 100 Practical Ideas (Healing Your Grieving Heart series) Healing the Adult Child's Grieving Heart: 100 Practical

Ideas After Your Parent Dies (Healing Your Grieving Heart series) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Cómo curar un corazón roto [How to Heal a Broken Heart]: Ideas para sanar la aflicción y la pérdida [Ideas for Healing Grief and Loss] The Dealmaker's Ten Commandments: Ten Essential Tools for Business Forged in the Trenches of Hollywood Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) A Surrendered Life: Finding Freedom, Healing and Hope after Abortion REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1)

[Dmca](#)