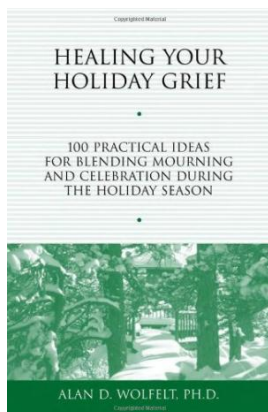


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Companion Press,US. Paperback. Book Condition: new. BRAND NEW, Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season, Alan D. Wolfelt, With compassionate insight, this handbook helps those in mourning through what can be the hardest time of year -- the holiday season. Mourners will better understand their complex emotions after reading about such topics as honouring thoughts and feelings, creating new traditions, finding ways to de-stress, and incorporating healing rituals into the holiday...

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- Authored by Alan D. Wolfelt
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