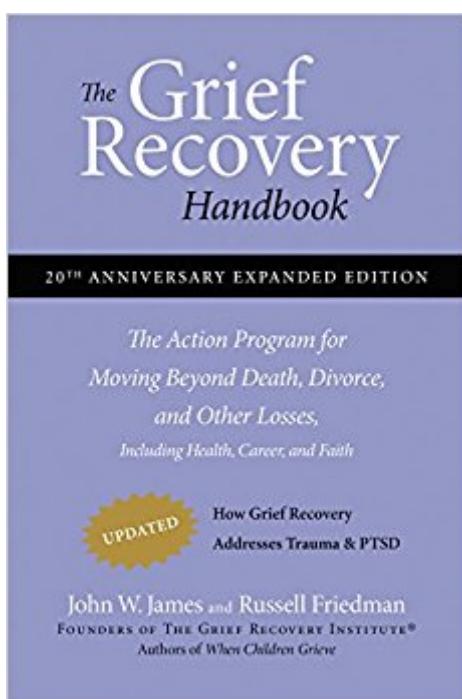


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# The Grief Recovery Handbook, 20th Anniversary Expanded Edition: The Action Program For Moving Beyond Death, Divorce, And Other Losses Including Health, Career, And Faith



## Synopsis

Updated to commemorate its 20th anniversary, this classic resource further explores the effects of grief and sheds new light on how to begin to take effective actions to complete the grieving process and work towards recovery and happiness. Incomplete recovery from grief can have a lifelong negative effect on the capacity for happiness. Drawing from their own histories as well as from others', the authors illustrate how it is possible to recover from grief and regain energy and spontaneity. Based on a proven program, The Grief Recovery Handbook offers grievers the specific actions needed to move beyond loss. New material in this edition includes guidance for dealing with: Loss of faith Loss of career and financial issues Loss of health Growing up in an alcoholic or dysfunctional home

The Grief Recovery Handbook is a groundbreaking, classic handbook that everyone should have in their library. "This book is required for all my classes. The more I use this book, the more I believe that unresolved grief is the major underlying issue in most people's lives. It is the only work of its kind that I know of that outlines the problem and provides the solution." •Bernard McGrane, Ph.D., Professor of Sociology, Chapman University

## Book Information

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## Customer Reviews

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Newly updated and expanded to commemorate its twentieth anniversary this classic resource helps people complete the grieving process and move toward recovery and happiness. Incomplete recovery from grief can have a lifelong negative effect on the capacity for happiness. Drawing from their own histories as well as from others', the authors illustrate how it is possible to recover from grief and regain energy and spontaneity. Based on a proven program, The Grief Recovery Handbook offers grievers the specific actions needed to move beyond loss. New material in this edition includes guidance for dealing with: Loss of faith Loss of career and financial issues Loss of health Growing up in an alcoholic or dysfunctional home"

I keep ordering this book and never write a review! First read it in 1999 when my dad died (after reading I don't know how many books). THIS WAS THE BOOK I NEEDED! We're 'told' how to go through grief (when we're so confused and going through the throes of grief!) and this book literally takes the weight off your shoulders. It's an emotion. No one can explain it. This book explains it in a way no therapist will. Oh, and the exercises you have to write down--key to healing your grief. I can still visualize what I wrote 17 years ago. Reread it again the summer of 2016 and it still resonates. Have given this book to countless friends who are so thankful for this book.

Everyone who has experienced a loss (that would be all of us) should read this book no matter how long it's been, especially if one is having difficulty moving on. The methods used to say goodbye are unique but make sense once one delves into them. I especially liked that the authors used their own experiences to illustrate the difficulties in recovering. It's a hard read but worth it. I will go through the exercises to complete my recovery for more than one loss.

Time for a new copy. I bought this book the first time over 20 yrs ago. Stumbled on it while running an outpatient chemical dependency group and knew that so many relapses were from unresolved loss of one kind or another. Since I didn't want to ask my clients to do anything I hadn't done already, 2 of my colleagues and I decided to follow the course in the book. Each of us had had some therapy and been in recovery for a number of years and were professionals in the field and it had a profound affect on all of us. It had as much of an affect on my life as getting sober did!! I then went to CA and trained with the author of this book to become certified and over the past 20+ yrs, I have watched so many people regain their lives back from crippling grief (from many different types of loss), unidentified depression and even allow them to leave destructive relationships. Can't say

enough about this process. Changed a lot of lives

Awesome book and a great program for the broken hearted. I am meeting with a trained grief counselor to get coaching on using this book. It is giving me new perspective on the pains of my past and how they trigger me, new insights about how it all effects me, and greater understanding of the broken people that raised me and grew up with me. Completing relationships like this is the real meaning of closure to me.

This is an excellent guide and one that helped me through a divorce a few years ago. I bought this copy for a friend who was recently widowed. She said she found it helpful, too.

I read this book a few years ago, while I was in the midst of an unraveling relationship. I was coping with that loss and a very difficult year and dealing with 20 years of unresolved grief from my father's death when I was six. At the time, I had taken baby steps toward healing by finally opening up to my friends and loved ones, but I was having a great deal of difficulty moving on. I decided to take a course on Death and Dying as part of my degree program, and this book was required reading. Not only did I have to read it, I had to do all the exercises and share them with people in the course. I hated every single minute of it--mostly because, I think, I wasn't altogether ready to rip off the scabs from years of suffering. I was also never an open person, so it felt trite and intrusive. Despite that feeling, I gave it my all. I rolled my eyes a lot and complained a lot. I didn't think it helped at all. Shortly thereafter, my Mama got terminally ill. I had to basically give up my life to take care of her. I found myself face-to-face with so much grief in such a short amount of time that I didn't know how to even breathe. But I realized that I was able to face the grief this time because of the work I'd done with this book. After my Mama passed away, I used the techniques in the book to deal with these new pains. And I've since tried to do these things for every unresolved event/painful relationship in my life. This book is not miraculous, but it does give you a method of doing the work you need to do. For me, no matter what grief it is, the key is to acknowledge it exists. That's what this book does. It provides a gate to fully acknowledging the pain in your life--sometimes, the pain is connected to other pain and you're unaware of it. It's a first step, and it will not "fix" you. Only you can do that, and you can take these tools and make them work for you. For the critics who say it focuses on divorce and death too much--I disagree. The technique is really what's valuable here--not the circumstance. I found it helpful to just skip to the techniques instead of reading the commentary. The technique can be built upon and interpreted differently, but it will help shed light on different things. It's true that

nothing is one size fits all. You have to be willing to work--and willing to fall down multiple times. I recommend this technique as one part of a strategy of coping. Another part would be building support networks for yourself, seeking alternate ways of expressing yourself, and (of course) therapy. It's been seven years since my Mama died, and I am still dealing with the losses in my life on a daily basis. But they no longer eat away at me, and I can face them with a certainty that I will survive them. You will never be the same, but you can face your life and learn to carry your burdens with grace.

I had some very interesting revelations reading this book. This book is so important in a society where one can get a lot of shallow answers to grief. This is the most helpful information I've ever learned about grief. My goal is to get certified with the Grief Institute and help other people.

Such a great book on grief recovery! I highly recommend this book. It's easy to read and gives the steps to recovery that one could use with their clients or if you need it for your own grief processing. I'm currently working through this book with a teenage client.

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