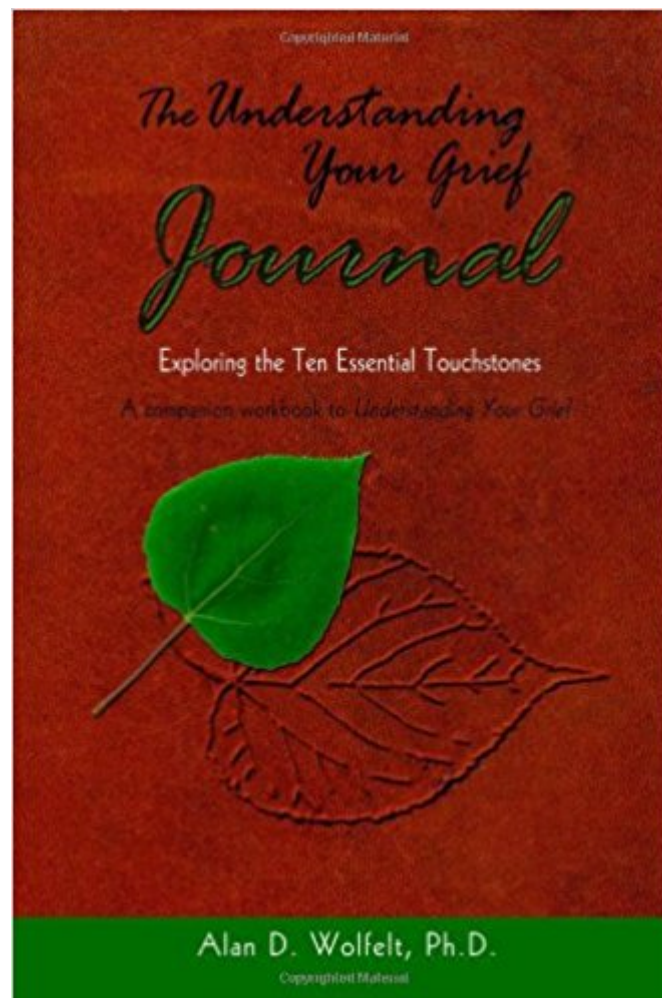




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The Understanding Your Grief Journal: Exploring The Ten Essential Touchstones



Synopsis

This companion workbook to *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart* is designed to help mourners explore the many facets of their unique grief through journaling. Ten essential touchstones for mourners are covered, including being open to the presence of loss, dispelling misconceptions about grief, embracing the uniqueness of grief, seeking reconciliation, and reaching out for help. Journalers are asked specific questions about their feelings of grief as they relate to the ten essential touchstones and are provided with writing space for their reflections.

Book Information

Series: Understanding Your Grief

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

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (42 customer reviews)

Best Sellers Rank: #58,918 in Books (See Top 100 in Books) [#23 in Books > Self-Help > Death & Grief > Suicide](#) [#88 in Books > Politics & Social Sciences > Sociology > Death](#) [#120 in Books > Self-Help > Death & Grief > Grief & Bereavement](#)

Customer Reviews

This is the most compassionate and helpful book on grieving I have ever read. As a former Hospice nurse, I highly recommend it to anyone dealing with grief issues.

After reading the chapters from Wolfelt's book, "Understanding Your Grief", the questions in this accompanying journal put you face-to-face with all the issues you need to consider and work through. It is often tough to deal with them, but there is no easy way to get to the other side of our 'grief wilderness'. It has also helped me learn how to effectively communicate with those people who want to support me in my grief...but more importantly, how to deal with those who can't or don't know how to support me in my grief. Overall, a good duo of reading material on grief and the mourning process.

I have found the Understanding Your Grief Journal very helpful even 24 months after the loss of my husband. It is even better when used with the book with the same title. It has been very helpful and it is one of the best I have read on grief.

When I lost my father a few years ago, Mercy Hospice gave me a copy of the book that this Journal is intended to accompany, "Understanding Your Grief". The book is not intended as a fast read, but rather a contemplative read - one that this journal certainly helps you to get through. I read the book one chapter at a time - and it certainly helped me through the grieving process. While I didn't have this journal/ workbook when I read the book, I recommend that this journal be purchased along with "Understanding Your Grief" and used in conjunction with it

Reading this book after losing my husband has been a great assistance. I find that everything I am doing is normal and that I am not crazy. It is a great help for anyone who has lost a loved one. Writing down all your thoughts helps to you realize what you are thinking and doing. It helps you understand where you are and how to progress through your grief.

This is an excellent book. As a Minister and Grief Counselor, I have found it a very helpful tool. It is an easy read therefore making it a good gift for grieving individuals. Because each chapter is in many ways self sustaining, it makes an excellent resource for an ongoing grief group. Individuals can begin attending at any time, and not feel as if they are entering in the middle of something. It can be used with or without its companion journaling guide. The only wish is that I would like to see the two books bundled in a less expensive package. Increased sales would more than compensate for the reduced cost.

This is a wonderful resource for anyone who has lost a loved one. You get an understanding of what you are experiencing and will help you to work your way through it. I also recommend getting the companion journal for this book.

This companion journal is good for people who like a lot of structure or who don't comfortably express themselves verbally, but although I like very much "Understanding Your Grief" and have used it to teach a grief class at my church, the participants did not find the journal particularly helpful either.

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