



## ABCs of Healthy Grieving: A Companion for Everyday Coping (2nd Revised edition)

By Harold Ivan Smith

Ave Maria Press. Paperback. Book Condition: new. BRAND NEW, ABCs of Healthy Grieving: A Companion for Everyday Coping (2nd Revised edition), Harold Ivan Smith, Nationally recognized grief educator Harold Ivan Smith brings over twenty-five years of professional experience in grief recovery to ABCs of Healthy Grieving. Seventy-two brief suggestions for healthy grieving, each two-pages in length and titled starting with a letter of the alphabet followed by an "I Can" statement, encourage those suffering the loss of a loved one to grow through grief spiritually and emotionally. One particular aspect of living with grief day-to-day is introduced with relevant quotes and short excerpts. Readers can read ABCs of Healthy Grieving cover to cover, or choose a single topic to help them through their day.



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