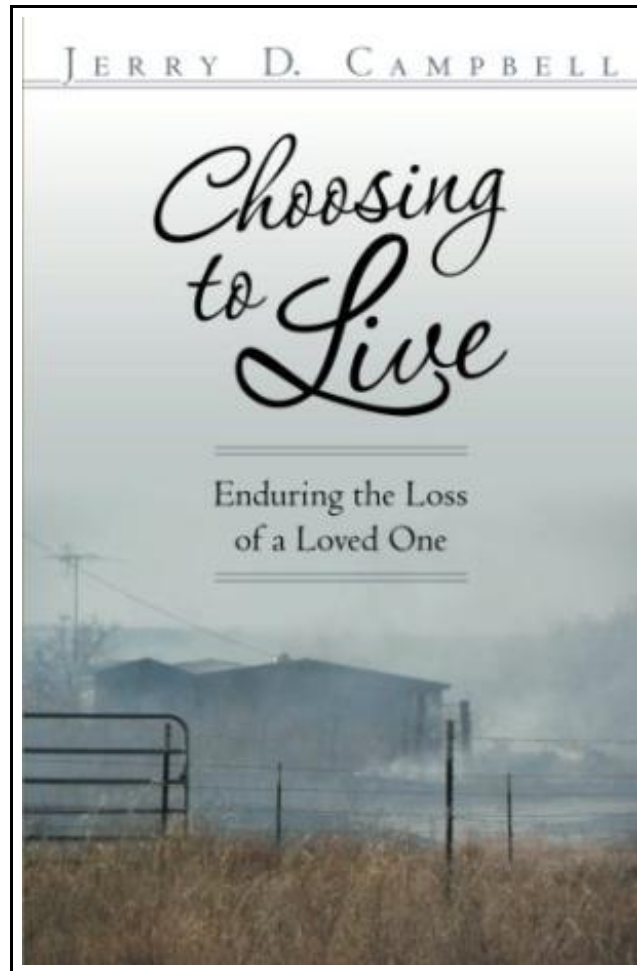


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Archway Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.When Jerry D. Campbell met his co-worker Veta, there was a policy that forbade employees from dating each other. Of course, they broke it - and ended up being sweethearts for forty-seven years. But when Veta died in April 2010, she left behind a husband devastated by grief. By forcing himself to work through it, he was able to deal with his loss while still enjoying life. If you're dealing with the death of a loved one, you can't run away from it. In this guidebook to working through loss, you'll learn how to: develop a grief calendar that will help you cope with loss; maintain a positive attitude as you work through new challenges; continue to go about daily life even though you may be alone. You'll also learn about the five stages of grief identified by Elisabeth Kubler-Ross and why the author thinks it's necessary to get to a sixth stage - one he identifies as growth. By knowing what to expect when a loved one dies and seeing what worked for the author, you'll find it easier to work through your own loss by Choosing to Live.



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