



Second Firsts: Live, Laugh and Love Again

By Christina Rasmussen

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. After studying to become a therapist and crisis intervention counselor - even doing her master s thesis on the stages of bereavement - Christina Rasmussen thought she understood grief. But it wasn t until losing her husband to cancer in her early 30s that she truly grasped the depths of sorrow and pain that accompany loss. Using the knowledge she gained while wading through her own grief and reading hundreds of neuroscience books, Rasmussen began to look at experiences in a new way. She realized that grief plunges you into a gap between worlds - the world before loss and the world after loss. She also realized how easy it is to become lost in this gap. In Second Firsts, Rasmussen walks you through her Life Reentry process to help you break grief s spiral of pain, so you can stop simply surviving and begin to live again. She shows you that loss can actually be a powerful catalyst to creating a life that is in alignment with your true passions and values. The resilience, strength, and determination that have gotten you through this difficult time...

DOWNLOAD



READ ONLINE

[8.23 MB]

Reviews

Thorough manual for publication fanatics. It is actually rally intriguing throgh reading through period of time. Its been written in an remarkably simple way and is particularly only after i finished reading through this book in which actually transformed me, change the way i think.

-- **Morris Schultz**

Complete information for publication fanatics. It is actually rally intriguing throgh reading period of time. I am happy to explain how this is actually the greatest publication i actually have read inside my own daily life and may be he finest ebook for possibly.

-- **Ms. Heidi Rath**