



Transforming Traumatic Grief: Six Steps to Move from Grief to Peace After the Sudden or Violent Death of a Loved One

By Courtney M Armstrong LPC

Artemecia Press. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 7.9in. x 5.1in. x 0.4in. Although losing someone you love to a sudden or violent death is a shocking experience, there are steps you can take to heal. This book provides compassionate support and creative ways to soothe and transform your emotions with powerful, but simple strategies that: - Promote healing and calm feelings of anxiety, anger, or despair - Alleviate nightmares, intrusive images, and ruminating thoughts - Relieve guilt and regrets so you can open up to new experiences in your life - Help you get the kind of support you want from other people - Retain the living story of your loved one and sense them as a positive presence in your life Recent reviews: Courtney Armstrongs Transforming Traumatic Grief provides practical tools to comfort griever, promotes resilience and hope for those who have been devastated by tragedy and loss, and shows ways to create renewed meaning in life beyond grief and trauma. - Bill O'Hanlon, author of Thriving Through Crisis and Quick Steps to Resolving Trauma Unlike other books detailing therapies that work at the cognitive level of the mind, Transforming Traumatic Grief is a how-to book of...



[READ ONLINE](#)
[8.49 MB]

Reviews

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).

-- Prof. Ophelia Wiegand I

It in one of my personal favorite ebook. I was able to comprehend everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly.

-- Timothy Johnson DVM