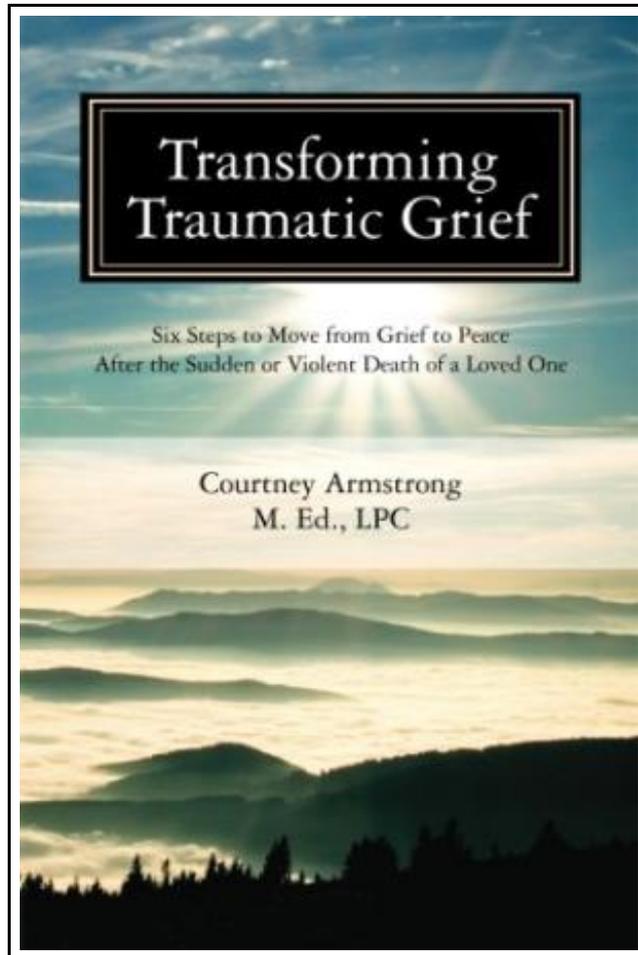


## Transforming Traumatic Grief: Six Steps to Move from Grief to Peace After the Sudden or Violent Death of a Loved One



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### ***Reviews***

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*(Deshawn Roob)*

## **TRANSFORMING TRAUMATIC GRIEF: SIX STEPS TO MOVE FROM GRIEF TO PEACE AFTER THE SUDDEN OR VIOLENT DEATH OF A LOVED ONE**



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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 grievers, 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 practical (and even more importantly) attainable activities and proven strategies for those dealing with grief and loss. As a therapist specializing in trauma counseling and her own personal experience with loss, Armstrong builds a strong case for why we need to speak to the emotional brain in a language it understands. Unless we do, she argues, the traumatized and grief-stricken simply cant experience a shift in how theyre feeling. Written in a voice that emanates from a very personal place, Armstrongs book is both comforting and empowering. Its for anyone having difficulty moving through grief or growing from their traumatic...

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