



Grief's Courageous Journey: A Workbook

Sandi Caplan

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Grieving the loss of a loved one is an intensely personal process. If you're grieving a loss, this book takes your hand and guides you, at your own pace, along the path of your own healing journey. **Grief's Courageous Journey** provides a compassionate program of steps to take for coping with day-to-day life and accepting the changes in yourself and others. Guided by a sequence of journaling exercises and suggestions for creating healing personal rituals, you can use the book to tell the story of your relationship with the person who died, grieve your loss, and safely remember the past. You will also learn techniques for redefining your present life and re-creating your sense of future. The book includes a comprehensive ten-session facilitator's guide for creating a grief support group in your community.

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