



How To Go On Living When Someone You Love Dies

Therese A. Rando

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Mourning the death of a loved one is a process all of us will go through at one time or another. But wherever the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person's response to loss will be different. Now, in this compassionate, comprehensive guide, Therese A. Rando, Ph.D., bereavement specialist and author of *Loss And Anticipatory Grief*, leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.

Whether the death was sudden or expected, from accident, illness, suicide, homicide, or natural causes, Dr. Rando will help you learn to:

Understand and resolve your grief.

Talk to children about death.

Resolve unfinished business.

Take care of yourself.

Accept the help and support of others.

Get through holidays and other difficult times of the year.

Plan funerals and personal bereavement rituals.

How To Go On Living With Someone You Love Dies also includes a comprehensive resource listing and

a chapter on finding professional help and support groups.

There is no way around the pain of loss, but there is a way through it. Dr. Rando offers the solace, comfort, and guidance to help you accept your loss and move into your new life without forgetting your treasured past.

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