



The Healing Journey Through Grief: Your Journal for Reflection and Recovery

Phil Rich

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A source of comfort and expert guidance

Like a knowing and sympathetic companion, this unique journal is designed to help you work through the painful emotions, thoughts, and memories that surface when you have lost someone dear to you. Written by a professional counselor, this book supplies you with important information about grief and the grieving process. But, more importantly, it invokes the healing power of writing to provide you with a means for collecting your thoughts, sorting out your feelings, and taking an active part in your own recovery.

Acclaim for The Healing Journey Through Grief . . .

"A wonderful guide for the bereaved. This journal not only provides valuable information, but it also allows the griever to make his or her own way through the painful mourning process."

--Catherine Sanders, PhD, Author of *Grief: The Mourning After*, *Surviving Grief . . . and Learning to Live Again*, and *How to Survive the Loss of a Child*

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