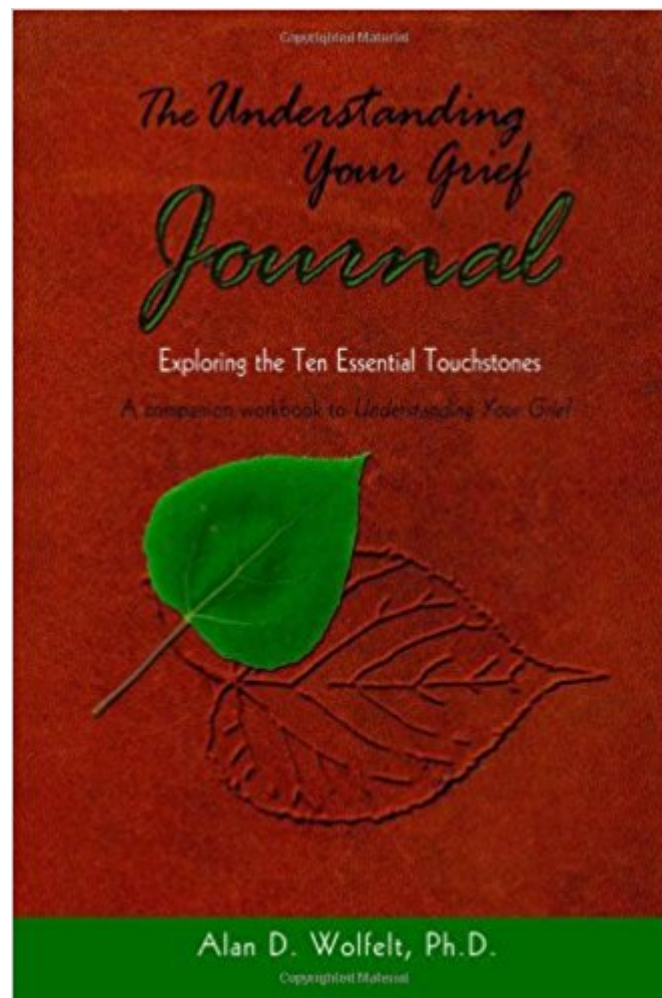




**Ebook Directory**  
the best source of ebook

The book was found

# The Understanding Your Grief Journal: Exploring The Ten Essential Touchstones



## Synopsis

This companion workbook to *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart* is designed to help mourners explore the many facets of their unique grief through journaling. Ten essential touchstones for mourners are covered, including being open to the presence of loss, dispelling misconceptions about grief, embracing the uniqueness of grief, seeking reconciliation, and reaching out for help. Journalers are asked specific questions about their feelings of grief as they relate to the ten essential touchstones and are provided with writing space for their reflections.

## Book Information

Series: Understanding Your Grief

Paperback: 112 pages

Publisher: Companion Press; 1 edition (April 1, 2004)

Language: English

ISBN-10: 1879651394

ISBN-13: 978-1879651395

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 47 customer reviews

Best Sellers Rank: #46,184 in Books (See Top 100 in Books) #21 in [Books > Self-Help > Death & Grief > Suicide](#) #79 in [Books > Politics & Social Sciences > Sociology > Death](#) #103 in [Books > Self-Help > Death & Grief > Grief & Bereavement](#)

## Customer Reviews

Alan D. Wolfelt, Ph.D., is a teacher, grief counselor, the director of the Center for Loss and Life Transition. He is on the faculty at the University of Colorado Medical School's department of family medicine, writes the "Children and Grief" column for Bereavement Magazine, and is the author of the Understanding Your Grief series and The Journey Through Grief. He lives in Fort Collins, Colorado.

Reading this book after losing my husband has been a great assistance. I find that everything I am doing is normal and that I am not crazy. It is a great help for anyone who has lost a loved one. Writing down all your thoughts helps to you realize what you are thinking and doing. It helps you understand where you are and how to progress through your grief.

This is an excellent book. As a Minister and Grief Counselor, I have found it a very helpful tool. It is an easy read therefore making it a good gift for grieving individuals. Because each chapter is in many ways self sustaining, it makes an excellent resource for an ongoing grief group. Individuals can begin attending at any time, and not feel as if they are entering in the middle of something. It can be used with or without its companion journaling guide. The only wish is that I would like to see the two books bundled in a less expensive package. Increased sales would more than compensate for the reduced cost.

Okay, the four stars is not because the book is unhelpful it's because I bought the Kindle edition and can not even benefit from the use of the journal. The purpose of buying this journal was in the last year my family has suffered the lose of several people and after the last death my aunt bought us all the book. I thought the journey would also be beneficial to me and I can read the journal just can not "journal"

Very well written book on the subject of grief. The book helps one to understand the feelings one is experiencing turning the grieving process. My use of this book was helpful to me so much so that I keep a Hospice group stocked for other's use.

I am progressing through some group therapy after the death of my wife. Knowing what I know now, I think this book by itself is better for me than the book furnished by the therapist: The Grief Recovery Book by James and Friedman. However, they both are good, and one supports the other from slightly different perspectives.

I have found the Understanding Your Grief Journal very helpful even 24 months after the loss of my husband. It is even better when used with the book with the same title. it has been very helpful and it is one of the best I have read on grief.

This journal, along with its companion volume, Understanding Your Grief, have been very helpful to me following the death of my daughter. Writing out of extensive experience, Dr. Wolfelt helps normalize the feelings that accompany grief, making space for each person to grieve in his or her own individual way. I highly recommend these books.

This companion journal is good for people who like a lot of structure or who don't comfortably express themselves verbally, but although I like very much "Understanding Your Grief" and have used it to teach a grief class at my church, the participants did not find the journal particularly helpful either.

[Download to continue reading...](#)

Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) The Understanding Your Grief Journal: Exploring the Ten Essential Touchstones GRIEF AND LOSS: THE FIVE STAGES OF GRIEF AND HEALING TECHNIQUES USED FOR SUPPORTING SOMEONE WHO JUST LOST A LOVE ONE (FREE EBOOK INSIDE) (Grief Recovery, ... Grief therapy, Grief counseling) Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner Grief and Loss: The Five Stages of Grief and Healing Techniques Used for Supporting Someone Who Just Lost a Love One Transforming Traumatic Grief: Six Steps to Move from Grief to Peace After the Sudden or Violent Death of a Loved One On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss Touchstones: A Book Of Daily Meditations For Men Touchstones: Texts for Discussion, Vol. A Thoughts of You: A Journal for Teens Coping with Grief (Journal's for Teens) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes ::: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal; Vacation Journal; ... Journal; (Travel Journals and Notebooks) Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal (Israel Series) (Volume 3) Bullet Journal: Dot Bullet Journal; Small Blank Dot Grid Journal for Women; (5.25 x 8 in.) -blank dotted pages for Diary, Planner, Calligraphy, Hand ... Journal and Notebook Collection) (Volume 1) The Dealmaker's Ten Commandments: Ten Essential Tools for Business Forged in the Trenches of Hollywood Lyrics Journal: Songwriters Journal to Write your Lyrics. The Lyrics Journal is good for 65 songs. Fill in the blanks for song title, verse, chorus and bridge.

Contact Us

DMCA

Privacy

FAQ & Help