



Coping With Grief 4th Edition

Diane McKissock, Mal McKissock

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COPING WITH GRIEF is the go-to book on the grieving process. It is a classic range title that has been in print since 1985. The new edition updates information and offers a fresh design, without losing the visual link with previous editions. this best-selling book offers sensitive and practical advice on how to deal with the grieving process, from coping with the funeral to managing anniversaries and special dates. Suitable for both the bereaved and their support team, it explains what to expect emotionally, psychologically and practically from the first day through the first year, as well as outlining the physical and emotional reactions to grief, why men and women react differently, how children deal with grief and some of the long-term consequences of bereavement. Whether you have been bereaved, or are part of the bereaved's support team, this self-help book will prove invaluable, and show you how to survive or help others survive the most challenging experience a human being can have: the loss of a loved one.

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