



Coming to Grief: A Survival Guide to Grief and Loss

Pam Heaney

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A survival guide to grief and loss We experience grief and loss for many reasons: death, separation, divorce, redundancy, illness and through many other major life changes. Pam Heaney's thorough and perceptive exploration of grief is a book that will truly help us help ourselves and others. Sensible, clear and caring in tone, the author explains how we express our grief via our cultural and family conditioning, much of which is based on inadequate stereotypes and myths. In debunking the old clichés - 'Time heals all wounds' or 'You should be over it by now' - she offers insight into the true nature of grief and loss, and equips the reader with useful knowledge and understanding. She also provides strategies to help healing while recognising the unique grieving experience of each individual. The whole book is imbued with hope, encouragement and compassion.



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