



Dealing With Grief: How to Cope With Grief and The Loss of Loved Ones

Jon Raymond

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This book contains proven steps and strategies on how to cope with grief. Grief and sadness is a completely natural and healthy reaction to loss of loved one, but it can also be extremely devastating and often result in a downward emotional spiral, impacting every aspect of life including relationships between family members, friends and work. Persistent and unyielding grief can cause a host of physical problems due to the bereaved not looking after them properly. For examples, avoiding eating, experiencing disrupted sleep, becoming over-reliant on alcohol. Uncontrolled grieving can lead to serious psychological and emotional problems such as anxiety, health anxiety, panic attacks and depressions.

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