



Inside His Grief: Exploring Men's Bereavement and Coping Strategies to Heal the

Lora C Mercado

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Losing a loved one is not something you can effectively prepare for, even in the event of declining health. There isn't a way to predict how you will feel or how it will effect you when the time comes. My husband and I lost our infant son Alex in 2003, due to a congenital heart defect. Each of us handled our grief in completely different ways. Though it is human nature to go through specific stages of grief, these stages rarely coincide when two people are coping with loss at the same time. Each individual is faced with handling the overwhelming emotions within their own heart, in their own personal way. I wrote this book from the perspective of a wife who witnessed her husband's intense grief for his son. I have seen how it has affected his daily life and also how he has learned to live with the loss over the years. Additionally, through talking with other men and women in local and online support groups, I have seen how difficult it can be for other men to express their sadness. In this book, I discuss different stages of grief, treatment options, and other methods that will help you get through this time where you may be feeling hopeless. My hope is that after reading this book, you will be more familiar with the different aspects of grief and the avenues you can take to heal and adapt in a healthy way. Chapters include: The First Moments, Anticipatory Grief, Complicated Grief, Phases and Stages of Grief, Being Creative While Grieving, Grief and Substance Abuse, Understanding the Difference Between Grief and Depression, and more.

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Kathleen Bonds:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. In order to try to find a new activity here is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you just read you can spent 24 hours a day to reading a publication. The book Inside His Grief: Exploring Men's Bereavement and Coping Strategies to Heal the it is very good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. When you did not have enough space to create this book you can buy often the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to fund but this book has high quality.

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