



Overcoming Grief: A Self-Help Guide Using Cognitive Behavioral Techniques (Overcoming Books)

Sue Morris

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Grief is a natural and healthy reaction to loss but it can be extremely debilitating and result in a downward emotional spiral, impacting on such aspects of life as relationships and work.

Relentless grief can cause a host of physical problems due to the sufferer not looking after themselves properly, for example not eating, becoming over-reliant on alcohol, experiencing disrupted sleep. It can also lead to serious emotional and psychological problems such as depression, anxiety, health anxiety and panic attacks.

This self-help book will prove invaluable to the recently bereaved, guiding them through the painful process of bereavement.

Topics covered:

Dealing with expected or unexpected death

Challenging unhelpful thoughts

Establishing a routine and tackling avoidance

Returning to work

Practical aspects such as dealing with the funeral, birthdays, etc.

Planning a new future

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