



# Eight Critical Questions for Mourners: And the Answers That Will Help You Heal

*Alan D. Wolfelt*

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**Eight Critical Questions for Mourners: And the Answers That Will Help You Heal** Alan D. Wolfelt  
Confronting the “little griefs” that can occur in the course of a lifetime, this handbook seeks to relieve the inevitable burden of loss. Taking the “wilderness experience” into account—being disconnected from oneself and the outside world—this guide presents 12 vital questions, the answers to which encourage the choice between deciding to live and letting sadness take control. Delving into the possibilities behind integrating sorrow into one’s life, this study is the road map to exploring and honoring the transformational nature of grief.

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