



Healing Grief, Finding Peace: 101 Ways to Cope with the Death of Your Loved One

Louis E. LaGrand

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"Dr. LaGrand's advice and recommendations reach from and to both heart and head ... a powerful and important lesson about grief – that even in grief, we can still grow." – Kenneth J. Doka, PhD, senior consultant, Hospice Foundation of America

Through Your Loss Comes The Strength to Grow

Whether the death of a loved one is sudden or follows a long battle with illness, there is no way to prepare for the loss of someone close. Grieving is painful, but you have a choice in how you cope with grief and – most importantly – how you adapt to the intense loss you've experienced.

Grief counseling expert Dr. Louis LaGrand describes 101 tips and prescriptions to help mourners through their tragic loss. His specific coping strategies offer practical advice, ultimately giving you pathways for achieving lasting inner peace by using the one thing you can control – your own response to grief.

Heal your inner grief and find peace by:

- *Starting each day with an affirmative action
- *Establishing a grief or worry time
- *Planning in advance for birthdays, anniversaries, and important holidays
- *Learning to enjoy new routines
- *Letting go of "if onlys" and "what ifs"
- *Never ruling out happiness

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