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Living With Loss and Grief: Letting go, Moving on (Overcoming Common Problems)

Julia Tugendhat

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Living With Loss and Grief: Letting go, Moving on (Overcoming Common Problems) Julia Tugendhat Grief always hurts. But, these days, there is a growing tendency to see grief as a necessary part of life, as a journey, which leads to moving on. Grieving is nature's way of helping us to cope with what has happened, and to deny loss is to deny its significance. Grief is itself a medicine, as William Cowper says. This has wider relevance today than ever before. With current events, grief has come out into the open and is no longer viewed as solely private. Grief and loss come in many different forms, from the searing pain when a loved one dies, to the necessary mourning for lost dreams and changed ideals at different life stages. After loss, people cannot be as they were before, but they can adapt to the changed circumstances and go on from there. This book looks at ways of grieving and the factors which help the grieving process including: ·Giving yourself permission to grieve ·Recognizing grief in its many forms ·Support from family and friends ·Rituals and other ways of active grieving ·Therapy ·Medication ·How children with loss ·The impact of suicide

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