



Living with Grief: A Guide for Your First First Year of Grieving (Grief Steps Guide)

Brook Noel, Pamela D Blair PH.D.

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We can never truly be prepared for the death of a loved one. In the wake of grief, we face a whirlwind of emotions, pain and physical symptoms. Bestselling grief authors Brook Noel and Pamela D. Blair, Ph.D. share the wisdom they have gleaned from their own personal experience and from working with hundreds of people who have survived such a loss.

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