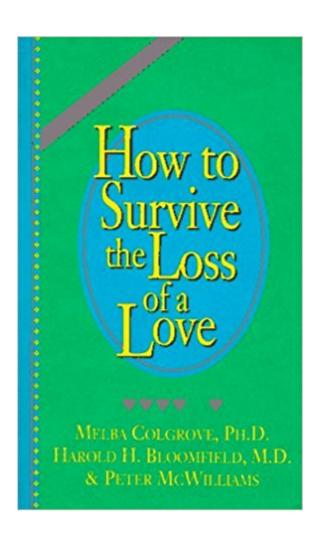


The book was found

How To Survive The Loss Of A Love





Synopsis

Discusses the variety of reactions that people experience because of the loss of a love and provides numerous recommendations for coping with pain and achieving comfort.

Book Information

Paperback: 208 pages

Publisher: Prelude Press (November 21, 2006)

Language: English

ISBN-10: 0931580439

ISBN-13: 978-0931580437

Product Dimensions: 4.3 x 0.6 x 6.8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 669 customer reviews

Best Sellers Rank: #6,373 in Books (See Top 100 in Books) #5 in Books > Parenting &

Relationships > Family Relationships > Divorce #18 in Books > Self-Help > Death & Grief > Grief

& Bereavement #22 in Books > Self-Help > Relationships > Love & Loss

Customer Reviews

Colgrove earned degrees in literature, foreign trade, special education, counseling and organizational psychology. She received her PhD from the University of Michigan.McWilliams was a self-help pioneer who later became an advocate for medical marijuana. Harold H. Bloomfield, M.D. is a Yale-trained psychiatrist and a respected leader in alternative medicine and integrative psychiatry. He is the best-selling author of Making Peace with your Parents, Making Peace withn Yourself, Hypericum (St. John's Wort) & Depression, How to Heal Depression, How to Survive the Loss of a Love, and TM Transcendental Meditation. His books have sold more than seven million copies and have been translated into twenty-six languages. His work has been featured in every major media outlet, including 20/20, Oprah, Larry King, Good Morning America and in Time, Newsweek, the New York Times, Forbes and People. He lives in Del Mar, California. --This text refers to an out of print or unavailable edition of this title.

This book is everything you need when dealing with heartbreak (of all kinds). It is short and easy-to-read and provides a lot of comfort. I recommend this to all of my friends who are also suffering from heartbreak as it does help, even if it's just some temporary comfort.

This little book helped me recover from divorce, and that was in 1978. So obviously the staying power of this book is proof of its efficacy. A friend told me about it, and I in turn have recommended it and given it to friends. This is about the loss of any love: a pet, a parent, a spouse a job, or any other loss. Very helpful. You will find some chapters more useful than others and reread them often.

I bought this after I divorced. I found it equally as helpful when getting an unwanted medical diagnosis. It was so comforting to me, and I've shared it with others many times. It's applicable to all kinds of losses....not just the loss of people we love. Highly recommend.

This book is geared to those who are ending a relationship, regardless what the back jacket says about loss of a job, a pet, etc. That made it perfect for my needs, maybe yours, too. You can open it to almost any page and find the insight and soothing help to address what you're going through.

Incredibly helpful for anyone dealing with loss. I love the format- not a straight chapter book. Instead, it's easy to choose sections. Hard to explain, but I found this book to be a lifeline. A woman who had lost her husband bought it for me after a painful breakup. Years later, I bought it for a friend going through a divorce. Great, great book.

This book was recommended to me when I was a teenager and had lost my cherished dog. It's sad and makes you cry, but when you're mourning a loss, crying is part of what you need to do. It's comforting to read poems that capture how you're feeling. Later in life, I gave it to my step daughter who had recently broken up with her first boyfriend in high school. She loved it and even commented in her senior yearbook that is was one of the most meaningful gifts she had received in her high school years. I was glad I could introduce her to the book. The book is relatively short, with brief, meaningful, accessible poems that capture the thoughts and feelings of what you go through during a loss and I (and my step daughter) found it to be very comforting when going through any type of loss.

I just went through a tough breakup and was advised to check this out. It gave me many useful ideas, and allowed me to just let it go. As theraputic as this book is, I found it much better to get back into the dating scene and realize that there are other amazing people out there. None the less, this was a helpful step in moving forward!

This is a great book to have for any loss in your life. It outlines the stages of grief and helps you know that what you're going through is normal and healthy. I've recommended this book to others going through a rough breakup.

Download to continue reading...

Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Hair Loss Solutions for Men: How to Cheat Hair Loss for Life (Hair Loss Solutions: How to Cheat Hair Loss for Life Book 1) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Weight Loss: Weight Loss Instant Pot eBook, Eat What You Love But Do It Smarter! Simple Recipes To Follow Weight Loss Smarts Points How to Survive a Flood (Prepare to Survive) How to Survive a Tornado (Prepare to Survive) Bushcraft: 25 Skills To Survive In The Wilderness: (Bushcraft Basics, How to Survive in the Wilderness) Do You Have What it Takes to Survive in Feature Film Production?: The Construction Department (Do You Have What it Takes to Survive in Film Production? Book 3) How To Survive A Natural Disaster: What you need to know to survive things that could happen any time How To Survive Turning 5: The handbook for NYC parents of special needs children (How To Survive... 2) How to Survive the Loss of a Love Aloha: Love, Suite Love/Fixed by Love/Game of Love/It All Adds Up to Love (Inspirational Romance Collection) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Hair Loss Explained - Natural Solutions for Hair Loss and Premature Balding: (Natural Hair Care, Hair Loss, Scalp Treatments, Balding, Cure, Going Bald, Remedies)

Contact Us

DMCA

Privacy

FAQ & Help