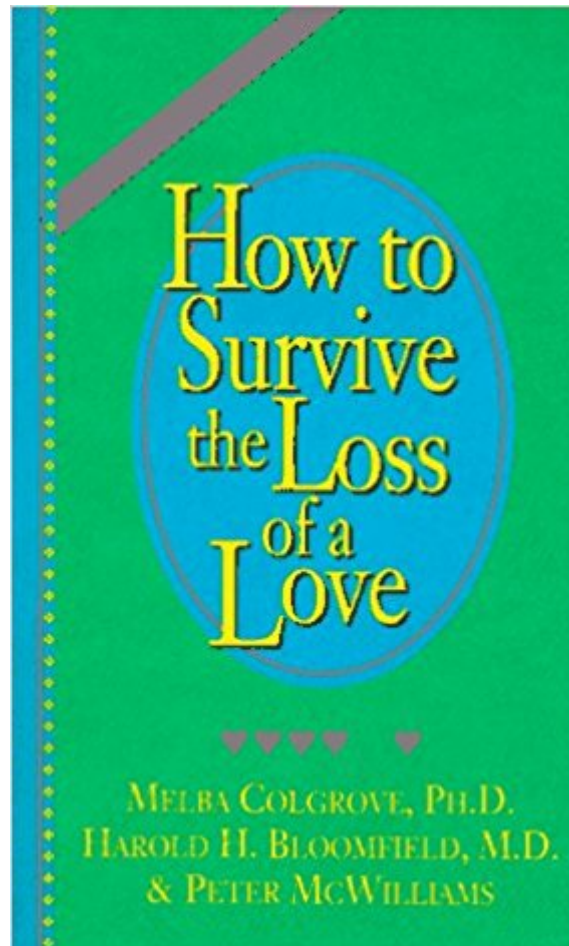




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How To Survive The Loss Of A Love



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

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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 with 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 it 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 therapeutic 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.

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