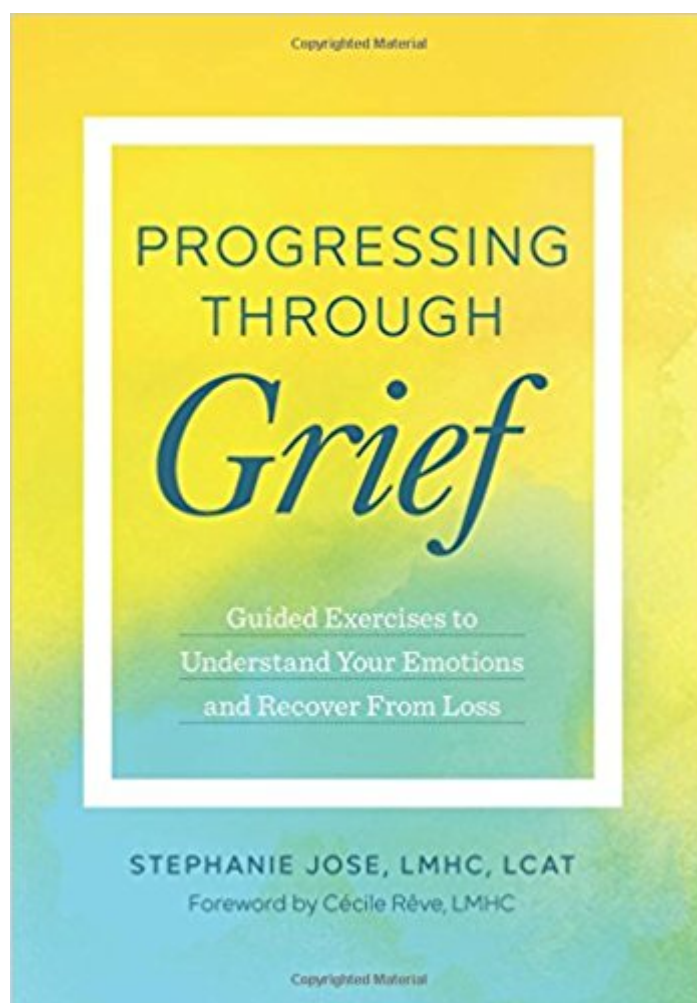


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# Progressing Through Grief: Guided Exercises To Understand Your Emotions And Recover From Loss



## Synopsis

"From the clinical perspective of a licensed mental health counselor...some of the questions we are often asked include 'Is this normal?' or 'Am I going crazy?'; Progressing Through Grief answers these universal questions and others, and illustrates how personal and unique each person's experience is with loss." Cécile Rife, LMHC and Co-founder of ARTrelief, an expressive arts therapy center

Grieving is a highly personal experience and reactions differ from person to person. Feelings of loss are arguably the most unique, confusing feelings with which to cope. Therapist and grief expert, Stephanie Jose, understands this. She wrote Progressing Through Grief as an interactive resource to gently meet you wherever you are today, as you move through your grief and towards healing. Stephanie has spent countless hours working with grieving clients, and she saw the need for a resource that would address the various feelings of grief that occur at any stage of the process. Twenty years ago, Stephanie Jose became well acquainted with grief when she suddenly lost her friend. She has experienced first-hand many of the same feelings as her patients. Progressing Through Grief provides practical methods for coping with immediate feelings of loss, as well as the difficult emotions that can persist over time. Progressing Through Grief is divided into three sections, each focusing on key factors that create a powerful process for healing: Understanding why grieving is important, and how grief affects your body; Identifying complicated feelings and learning skills for coping with them; Journaling to move through overwhelming feelings and practicing self-care through relaxation techniques, nutrition tips, and meditation practices. Designed to be a companion as you courageously confront and process your feelings, Progressing Through Grief is intended to help you progress through your grief and into healing.

## Book Information

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## Customer Reviews

Progressing Through Grief is a must have book for anyone who has experienced or is experiencing grief. It gives readers a very unique way to explore his or her feelings through journaling. - Maria Vasquez, LMSW"Loss is always painful. Progressing Through Grief is a warm and practical companion that helps you navigate this difficult transition. Although everyone's experience with grief is unique, this engaging guide identifies common themes and hurdles. Through thoughtful and straightforward explanations, examples, and exercises, you'll better understand your reactions and emotions during this time of sorrow." - helping you emerge as a stronger person." - Rachel Noble, M.S., L.G.P.C. Therapist and Johns Hopkins collaborator"An exceptionally valuable tool for anyone exploring the complex process of grief and loss. Progressing Through Grief guides readers through a heartfelt process of stepping in, embracing, feeling, remembering, learning, and knowing all that is important in one's unique experience of loss." - Chyela Rowe, Expressive Arts Therapist, Registered Drama Therapist"Everyone grieves at their own pace. Progressing Through Grief is a comprehensive book focused on providing individuals with healing techniques through validation of physical and emotional reactions and journaling opportunities to help cope with grief." - Donna Caputo, MS, ATR-BC, LCAT"Progressing Through Grief is an amazing book that speaks directly to the varied emotions that we are left to navigate when dealing with our grief. Stephanie Jose allows each person the freedom to grieve in their own way." - Suzie Yoffe, MA, Hospice Expressive Therapist and Bereavement Coordinator"Ms. Jose paints a humanizing picture of grief that is easy to understand and easy to relate to. Stephanie reminds us that we all grieve at our own pace and in our own way, and that we learn something from it." - Akili Carter, MS, MHC and author of Black Noise

Stephanie Jose, LMHC, LCAT, is a New York State Licensed Mental Health Counselor and Licensed Expressive Arts Therapist. Since 1999, she has worked in the mental health field, focusing on helping people dealing with trauma, self-injury, loss, and depression. Cécile Răfăve, LMHC, is an expressive arts therapist, licensed mental health counselor, and co-founder of ARTrelief, an expressive arts therapy center in Watertown, Massachusetts. Born and raised in Cameroon, West Africa, with multicultural and spiritually inclusive values, she has worked with people of all genders and ages, facing a wide variety of issues. Cécile Răfăve, LMHC, is an expressive arts therapist, licensed mental health counselor, and co-founder of ARTrelief, an

expressive arts therapy center in Watertown, Massachusetts. Born and raised in Cameroon, West Africa, with multicultural and spiritually inclusive values, she has worked with people of all genders and ages, facing a wide variety of issues.

I am very happy to have this book in my possession! I only wish I had this book before now, as there have been a few times in my life, where I lost a loved one and did not have the coping skills to deal with their loss. I lost my best lady friend, 3 years ago, and, even today, I am still not over her passing....This book, *Progressing Through Grief* is a wonderful guide in dealing with grief! I have never seen such a thorough and complete book with all that you need to help you in going through the process. It even includes pages for journaling where you can write on paper, exactly how you are feeling and why...I have many friends and family members that would love this book and I also, have a daughter who suffers from depression and this book is exactly what she needs! Many people are not comfortable in discussing their feelings with a professional doctor, therapist or counselor, and if that is true for you, then this book is the answer. The author, Stephanie Jose, has included real stories of her clients and after reading this, I wish I could purchase at least 50 copies of this book, because I know everyone I know, would LOVE a copy! I highly recommend this book to anyone who has suffered a loss, whether it be a person, a pet, a loss of a job or any changes that have affected your emotions. I was offered this book at either a discounted price or free, in exchange for an honest, unbiased opinion, which I am leaving here.

I have lost quite a few family members throughout my life, but the death of my infant son has been the hardest for me to face and, as such, I deal with my grief over his passing on a regular basis. When I came upon this book, I was hopeful that it could make a difference for me. I've been reading through it, a few pages at a time, for a few days now and am very pleased with what I've experienced thus far. From making lists that allow me to essentially itemize what's going on in my mind and heart so as to be more aware of myself and my needs to little moments for myself in meditation, reading something I enjoy, a bit of self-pampering, and the like to learning new ways to appropriately express my grief and accompanying feelings to others, this book has given me many new tools to help me deal with, understand, and survive my grieving. Not only is this book an excellent tool for people like me, but it is great to employ for friends and family of grieving people in helping them to understand the grieving process from an outside view. The way this text tackles grief is a boon to anyone who reads it. Grief is a very tricky and often taboo subject and it is handled differently by every single person who experiences it, but having a helping hand through this book

has done wonders to give me strength to keep going without having to lose myself in the process. It is of note that I received this product for free in exchange for an honest and unbiased review of this product.

Being a Paramedic, I often have to give people the news they never want to hear : their loved one has passed. I wanted to read this book, because I wanted to know exactly what they would be going thru, in a healthy way, so I could adapt that to helping my families in that time of need. While this book was not written for that purpose, it was still an amazing resource for it, and I will be leaning on it heavily in the future. But it is more than that. I find this book can be applied to how I feel about it too. When we show up to give you that news, even if we just arrived and the person has been clearly gone for a while and we never touched them, we are discouraged from telling you we are sorry, because that implies some sort of guilt or wrong doing on our part. But I am sorry, I am so sorry YOU are going through that, and it will be all I think about until the next big tragedy comes along and stealing my sorrow away. Reading this book has taught me ways that I can deal with that better for myself. , and given me skills to deal with that internal pain. We see a lot of messed up stuff, that is why our turn around rate and PTSD rate is so amazingly high. We should all read a book like this. This book basically says hey, it's okay, Let's get through this. It is ok to hurt, it is ok to cry, but we need to process this constructively. Then it works with you, it does just tells you, it works with you through stories and little exercises, and helps you process. It is a fantastic approach, and I find it amazing. I wish as part of our after care, we gave everyone a copy of this text. If you are struggling, get this book, if you know someone who is struggling, get this book. I received this product free of charge to test and write an honest and accurate review.

This is a great book for anyone who has had or dealing with losing someone or even a pet, or who has a love one that has terminal illness. In this book she goes over that everyone grieves differently and some people can take longer than others. She also gives you places to journal thoughts and feels. There are tips for dealing with stress and the different feelings that come with any loss. This is one book that I would recommend anyone to read, because we all have some type of grief in our lives. I received this product for free in exchange for my honest and unbiased review.

I really think most of us should read this book just understand different ways deal with grief. There's a couple of things that I liked about this book 1. The author includes client stories. 2. Something that I hadn't seen in a book was when you are reading it gives you journal space to right down your

thoughts. A quote that stuck in my mind was " allow yourself to be angry, but find positive ways to manage your anger" I received this product at a discounted rate in exchange for my honest and unbiased review.

Has helped me tremendously. I lost my father not to long ago and was going to seek a grief counselor. Now I don't need to but will attend a few support groups.

Gave it to a high school Health teacher. She used it with a Health class. First day, students listed (anonymously) their reactions to a "crisis". Next day, they discussed the lists of comments from the day before. Third day, they considered solutions / grappling possibilities. Very positive feed-back.

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