



# Life after Loss: A Practical Guide to Renewing Your Life after Experiencing Major Loss

*Bob Deits*

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# Life after Loss: A Practical Guide to Renewing Your Life after Experiencing Major Loss

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**Life after Loss: A Practical Guide to Renewing Your Life after Experiencing Major Loss** Bob Deits "One of the classics in the field of crisis intervention" (Dr. Earl Grollman), *Life after Loss* is the go-to resource for anyone who has suffered a significant life change. Loss can be overwhelming, and recovery often seems daunting, if not impossible. With great compassion and insight, Deits provides practical exercises for navigating the uncertain terrain of loss and grief, helping readers find positive ways to put together a life that is necessarily different, but equally meaningful. With two new chapters and significant changes throughout reflecting Deits's ongoing experience in counseling, *Life after Loss* is an essential "roadmap for those in grief" (Lawrence J. Lincoln, MD, Staff, Elisabeth Kübler-Ross Center).

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