

# Bereavement: Clear, practical advice on psychological and emotional states, bringing guidance to sufferers and their families

Ursula Markham



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The one thing we all have to deal with at some time in our lives is the death of someone we love. And yet this is an eventuality that very few of us are prepared for. This book, by encouraging the person left behind to understand the stages of bereavement and to deal with the emotions it causes, bringing both sympathetic help and, hopefully, reassurance at a time when it is needed most.

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