



Good Grief

By Granger E. Westberg

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Good Grief, Granger E. Westberg, In Good Grief, Granger E. Westberg uses gentle wisdom and acute insight into human nature to guide readers through the ten stages of grief: shock, emotion, depression, physical distress, panic, guilt, anger, resistance, hope, and finally, acceptance. Recognizing that grief is complex and deeply personal, he defines no 'right' way to grieve but rather offers valuable insights on the emotional and physical responses we may experience during the natural process of grieving. Whether mourning the death of a loved one, the end of a marriage, the loss of a job, or other difficult life changes, this comforting resource will help renew our faith in a loving, ever-present God.



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