



# Healing Grief

*James Van Praagh*

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## **Healing Grief** James Van Praagh

James Van Praagh's first two books, both *New York Times* bestsellers, have been a powerful healing force for millions of readers. Using his talents as a medium, Van Praagh has not only helped the bereaved reach their lost loved ones and find peace but he has also illuminated the mysteries of death, the afterlife, and rebirth. His new book, *Healing Grief*, will once again draw from his compelling and uplifting readings, but with a new and special purpose- to show what the spirit world can teach us about the grieving process itself.

While grief is clearly a natural response to death, it should also properly accompany life's other difficult passages, including times of transition, the loss of a relationship, or even the loss of a pet. *Healing Grief* begins with chapters that each examine a specific kind of loss - death of a parent, a spouse, or a child, the end of a marriage, or the onset of a troubling life change, such as unemployment or grave illness - and considers the particular bereavement issues it may engender. The book also offers advice on explaining death to children, on distinguishing healthy from destructive grief, and on harnessing the powers of healing through special exercises, meditation and affirmations. *Healing Grief* should be, in Van Praagh's words, "a manual for grieving well," offering an inspiring new perspective on grief from a world-renowned medium who has become an expert at helping people cope with unresolvable sorrow.

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