



I Wasn't Ready to Say Goodbye, 2nd Ed.: A Companion Workbook

Brook Noel, Pamela Blair PhD

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A workbook of healing and hope

Based on the bereavement classic *I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing after the Sudden Death of a Loved One*, this workbook offers step-by-step support and encouragement through the grief journey.

In the wake of sudden loss, the *I Wasn't Ready to Say Goodbye Companion Workbook*, written by two women who have experienced tragedy, acts as a warm touchstone to navigate the unique emotions and challenges of grief. Tapping their personal histories and drawing on numerous interviews, authors Brook Noel and Pamela D. Blair, PhD, explore unexpected death and its role in the cycle of life.

This edition also includes new material regarding the unique circumstance of loss, men and women's grieving styles, religion, faith and grief's unanswerable questions.

Called a "support group in your hands" by professionals and mourners alike, this companion workbook will comfort, uplift, and console. Exercises guide readers through the gap created by loss, anger, guilt, loss of purpose, and the unique challenges based on the relationship to the loved one. Using a combination of self exploration questions, visualization activities, and journaling, *I Wasn't Ready to Say Goodbye Workbook* shows grieving readers how to endure, survive, and grow from the pain and turmoil surrounding sudden loss. Combined with the classic *I Wasn't Ready to Say Goodbye*, this workbook truly places a support vehicle in the hands of those who are mourning. In tandem with the updated edition of the book, the second edition of the workbook reflects the fact that the face of grief has changed in the past 10 years.

Praise for *I Wasn't Ready to Say Goodbye*

"As one who deals with unexpected death, I am so pleased to find a truly valuable reference for those souls who are blindsided by such misery. This book is thoughtful, thorough, and intensely meaningful. Up until now Rabbi Kushner's reference *When Bad Things Happen to Good People* has been my mainstay in such circumstances; I will add this book to my recommended list."

-E. Charles Douville, MD, Cardiothoracic Surgeon, Providence, Portland

"The authors have captured a means of discussing and exploring a very painful life passage in real life, down to earth language and experience. Many thanks to Pam and Brook for their generosity in sharing their discoveries to further our healing."

-Charlotte A. Tomaino, PhD, Neuropsychologist

"This book, by women who have done their homework on grief, can hold a hand and comfort a soul through grief's wilderness. Outstanding references of where to seek other help."

-George C. Kandle, Pastoral Psychologist

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Alan Torrez:

Reading a book tends to be new life style in this era globalization. With looking at you can get a lot of information which will give you benefit in your life. Along with book everyone in this world could share their idea. Ebooks can also inspire a lot of people. Lots of author can inspire their very own reader with their story or maybe their experience. Not only the story that share in the publications. But also they write about the information about something that you need case in point. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors on this planet always try to improve their expertise in writing, they also doing some research before they write with their book. One of them is this I Wasn't Ready to Say Goodbye, 2nd Ed.: A Companion Workbook.

Kevin Masterson:

People live in this new moment of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both everyday life and work. So , if we ask do people have extra time, we will say absolutely sure. People is human not really a robot. Then we consult again, what kind of activity have you got when the spare time coming to an individual of course your answer will unlimited right. Then do you ever try this one, reading guides. It can be your alternative within spending your spare time, typically the book you have read will be I Wasn't Ready to Say Goodbye, 2nd Ed.: A Companion Workbook.

Judy Newberry:

Your reading sixth sense will not betray an individual, why because this I Wasn't Ready to Say Goodbye, 2nd Ed.: A Companion Workbook reserve written by well-known writer whose to say well how to make book which might be understand by anyone who all read the book. Written throughout good manner for you, dripping every ideas and producing skill only for eliminate your own hunger then you still question I Wasn't Ready to Say Goodbye, 2nd Ed.: A Companion Workbook as good book not merely by the cover but also with the content. This is one reserve that can break don't determine book by its cover, so do you still needing another sixth sense to pick this kind of!? Oh come on your studying sixth sense already alerted you so why you have to listening to another sixth sense.

Beverly Woods:

The book untitled I Wasn't Ready to Say Goodbye, 2nd Ed.: A Companion Workbook contain a lot of information on it. The writer explains her idea with easy means. The language is very simple to implement all the people, so do definitely not worry, you can easy to read it. The book was written by famous author. The author brings you in the new period of time of literary works. It is possible to read this book because you can keep reading your smart phone, or gadget, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open their official web-site and also order it. Have a nice read.

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