

Coming Soon!

*Guidance for the traumatized mourner, with substantial new
information counselors can use*

***Coping With the Sudden Death
of Your Loved One:
Self-Help for Traumatic Bereavement***

**Accident *Disaster *Suicide *Homicide
*Death from Terrorism or War *Acute Natural Death*

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About The Book:

Focusing on self-help strategies for mourners losing loved ones to sudden death, this book provides cutting-edge information and practical suggestions for dealing with the unique challenges posed by the volatile mixture of loss and trauma.

About The Author:

An award-winning clinician and author, Dr. Rando is a clinical psychologist, thanatologist, and traumatologist. Since 1970, she has consulted, conducted research, provided therapy, written, and lectured internationally in areas related to loss, grief, illness, dying, and trauma.

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While the sudden, unexpected death of a loved one can unleash a torrent of anguish and grief, a family member or friend who departs from the living over days, weeks, months or even longer can prove just as traumatic for survivors because of anticipatory grief — the sadness felt in advance of the death. Tips for Coping With Anticipatory Grief. Here are a few of the emotional challenges you might encounter as you attempt to cope with the impending death of your loved one, and suggestions to help you deal with them. Feeling Exhausted. Regardless of whether you are serving as a caregiver or not, k