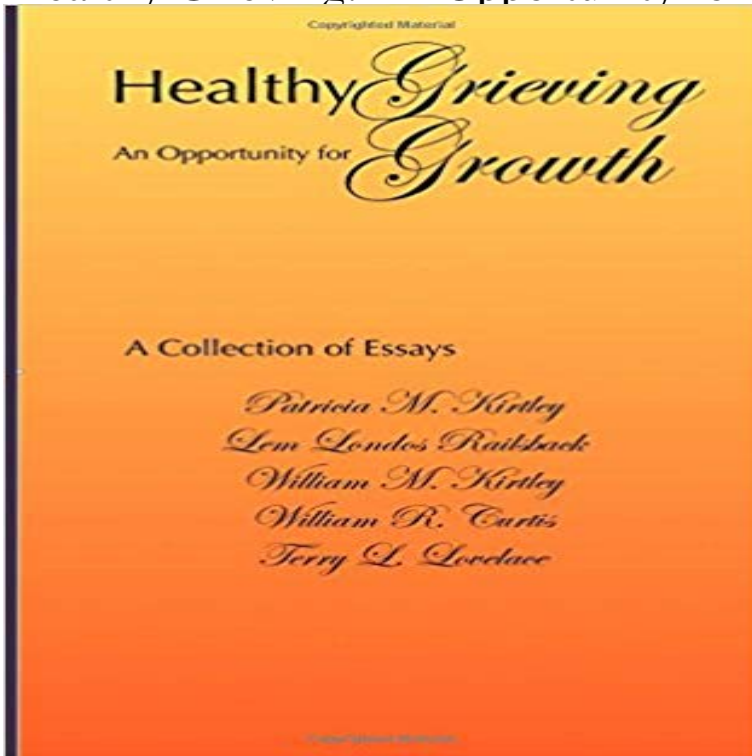


## Healthy Grieving: An Opportunity for Growth



Grief comes to us all, simply because we are human and have the ability to care. Regardless, of age, ethnicity, or cultural background, we must find our way when we suffer a loss. This book presents five essays that highlight different aspects of the grieving process: the philosophical basis of coping with the death of a loved one, the five phases of grief as outlined by Kubler-Ross, a cathartic annual Hawaiian ceremony, the beliefs and practices of indigenous peoples, and a survey of several ethnic, religious, and national customs.

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