



Stunned by Grief Journal

By Judy Brizendine

BennettKnepp Publishing. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 9.9in. x 7.0in. x 0.7in. An interactive recovery tool written to stand alone or complement the book Stunned by Grief, which contains in-depth information and further tips, tools, and strategies for dealing with grief. It contains daily support for six months, including thoughts from great minds, reflections, suggestions, quotes, verses, and plenty of room to write. The journal is designed to be picked up anytime and followed as needed, allowing for customized schedules. It helps tap into and work through grief, releasing what is buried deep inside and focusing on the idea of remapping--a simple, down-to-earth recovery and healing process. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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