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Grieving the loss of a loved one: A look at the journey working through the 5 stages of grief,after the death and loss of a loved one (A Father's Loss Book 3)

Richard Kauffman

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How do you Grieve the loss of a loved one

A look at the journey working through the 5 stages of grief after the death and loss of a loved one

I approach all topics in this book from my personal experiences of loss. As it has been a 22 year long journey as I have worked through the stages of grief and how it has affected my life in a very profound way following the death of my 3-year-old daughter in 1993

Are you ever prepared to lose a loved one?

When it does happen, and it will happen to everyone at some point in time. I want to let you know that grief is a personal to each and every one of us. As we work through the stages of grief understand that not everyone goes through them at the time, or even in the same order. There is no specific amount of time you will spend on each stage.

I have been asked many times over the years as to How Long Will It Take? We will discuss that as we cover the information. I hope that you will feel free to engage in a discussion with me as to your personal story, experiences with your journey with grief.

I will cover in this book

• Five stages of grief

• Denial

• Anger

• Bargaining

• Depression

• Acceptance and Moving On

• What I learned through each process

• Much more

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