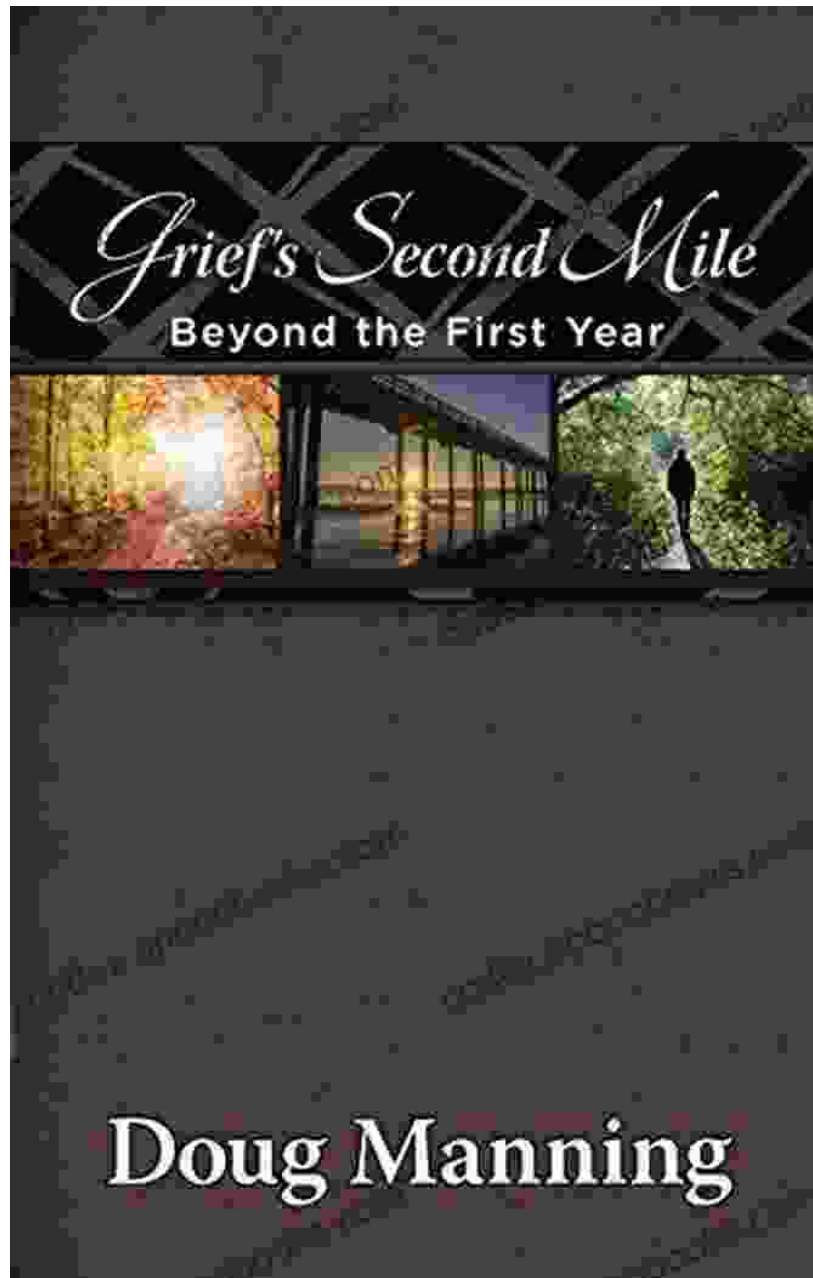


Grief's Second Mile: A Journey Beyond the First Year



The First Year is Just the Beginning

Grief's Second Mile is a comprehensive guide to help you navigate the second mile of grief, beyond the first year. This book offers practical advice,

emotional support, and spiritual insights to help you heal and find hope in the wake of loss.



Grief's Second Mile: Beyond the First Year by Bert Casey

★★★★☆ 4.7 out of 5

Language : English
File size : 2413 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 48 pages
Lending : Enabled
Screen Reader : Supported



In this book, you will learn:

- The unique challenges of the second year of grief
- How to cope with the ongoing pain and sadness
- How to rebuild your life and find meaning after loss
- How to find support from others and from yourself

Grief's Second Mile is an essential resource for anyone who has lost a loved one. This book will help you understand your grief, cope with the challenges you face, and find hope and healing on your journey.

About the Author

Dr. Joanne Cacciatore is a clinical psychologist and grief therapist with over 25 years of experience. She is the author of several books on grief and

loss, including *Bearing the Unbearable* and *Beyond Grief: A Guide to Rebuilding Your Life After Loss*.

Dr. Cacciatore's work has been featured in The New York Times, The Washington Post, and on NPR. She has also appeared on The Oprah Winfrey Show and The Today Show.

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