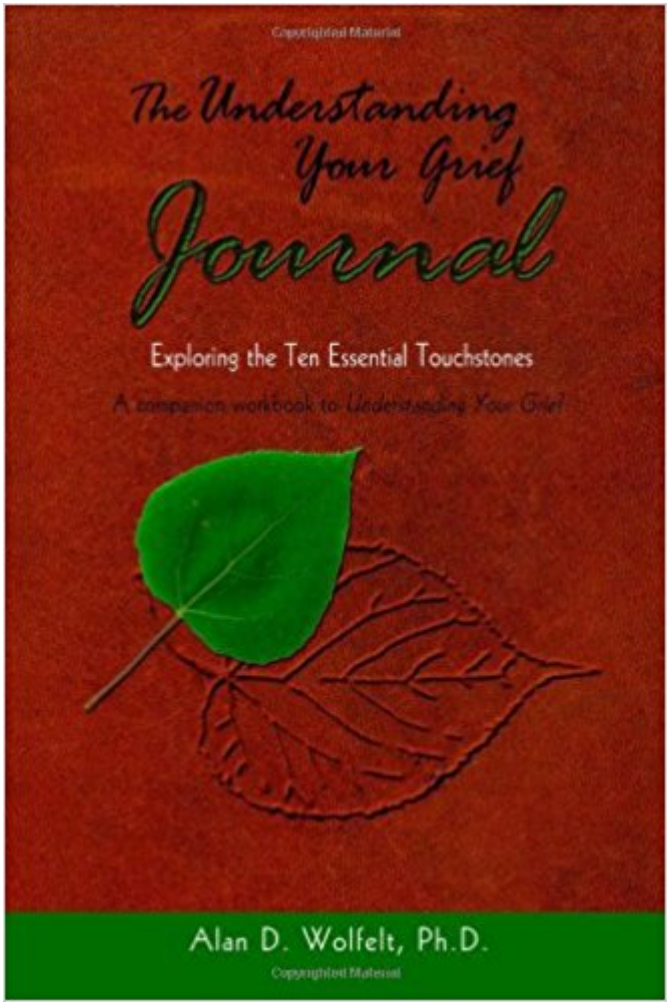
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The Understanding Your Grief Journal: Exploring The Ten Essential Touchstones



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Synopsis

This companion workbook to Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart is designed to help mourners explore the many facets of their unique grief through journalling. Ten essential touchstones for mourners are covered, including being open to the presence of loss, dispelling misconceptions about grief, embracing the uniqueness of grief, seeking reconciliation, and reaching out for help. Journalers are asked specific questions about their feelings of grief as they relate to the ten essential touchstones and are provided with writing space for their reflections.

Book Information

Series: Understanding Your Grief
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Customer Reviews

Alan D. Wolfelt, Ph.D., is a teacher, grief counselor, the director of the Center for Loss and Life Transition. He is on the faculty at the University of Colorado Medical School’s department of family medicine, writes the "Children and Grief" column for Bereavement Magazine, and is the author of the Understanding Your Grief series and The Journey Through Grief. He lives in Fort Collins, Colorado.

Reading this book after losing my husband has been a great assistance. I find that everything I am doing is normal and that I am not crazy. It is a great help for anyone who has lost a loved one. Writing down all your thoughts helps to you realize what you are thinking and doing. It helps you understand where you are and how to progress through your grief.

This is an excellent book. As a Minister and Grief Counselor, I have found it a very helpful tool. It is an easy read therefore making it a good gift for grieving individuals. Because each chapter is in many ways self sustaining, it makes an excellent resource for an ongoing grief group. Individuals can begin attending at any time, and not feel as if they are entering in the middle of something. It can be used with or without its companion journaling guide. The only wish is that I would like to see the two books bundled in a less expensive package. Increased sales would more than compensate for the reduced cost.

Okay, the four stars is not because the book is unhelpful it’s because I bought the Kindle edition and can not even benefit from the use of the journal. The purpose of buying this journal was in the last year my family has suffered the lose of several people and after the last death my aunt bought us all the book. I thought the journey would also be beneficial to me and I can read the journal just can not "journal"

Very well written book on the subject of grief. The book helps one to understand the feelings one is experiencing turning the grieving process. My use of this book was helpful to me so much so that I keep a Hospice group stocked for other’s use.

I am progressing through some group therapy after the death of my wife. Knowing what I know now, I think this book by itself is better for me than the book furnished by the therapist: The Grief Recovery Book by James and Friedman. However, they both are good, and one supports the other from slightly different perspectives.

I have found the Understanding Your Grief Journal very helpful even 24 months after the loss of my husband. It is even better when used with the book with the same title. it has been very helpful and it is one of the best I have read on grief.

This journal, along with its companion volume, Understanding Your Grief, have been very helpful to me following the death of my daughter. Writing out of extensive experience, Dr. Wolfelt helps normalize the feelings that accompany grief, making space for each person to grieve in his or her own individual way. I highly recommend these books.

This companion journal is good for people who like a lot of structure or who don't comfortably express themselves verbally, but although I like very much "Understanding Your Grief" and have used it to teach a grief class at my church, the participants did not find the journal particularly helpful either.

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