

# Perspectives On Loss And Trauma: A Powerful Guide To Understanding And Healing From Loss

Loss is a natural part of life. We all experience it at some point, whether it's the death of a loved one, the end of a relationship, or the loss of a job. But while loss is inevitable, it doesn't have to be debilitating. With the right support, we can learn to cope with loss and move forward with our lives.



## Perspectives on Loss and Trauma: Assaults on the Self

★★★★☆ 4.6 out of 5

Language : English

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Screen Reader : Supported

Print length : 328 pages



Perspectives On Loss And Trauma is a comprehensive and compassionate guide to understanding and healing from loss. This book offers a unique perspective on loss and trauma, providing readers with the tools they need to cope with the pain of loss and move forward with their lives.

### What You'll Learn In This Book

- The different types of loss and how they can affect us
- The stages of grief and how to cope with each one
- How to deal with the physical, emotional, and spiritual pain of loss



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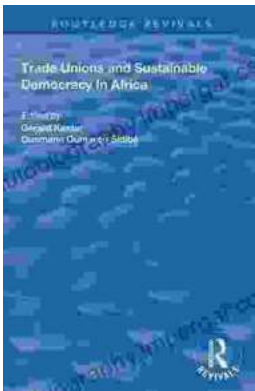
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