



Grief and Healing

Robert Wright Jr PhD COFT, Reggie Marra MA ACC, Christine Wright MA CSL

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In this work Reggie Marra covers the sometimes uncomfortable terrain of grief, mourning and what it takes to arrive at the desired destination of healing recovery. The book is a full blown transcript of an interview Mr. Marra did as part of the Learn to Live Stress Free Now podcast series. Additionally, the book includes numerous helpful references and resources which a grieving or bereaved person may find useful as they work their way towards a healing recovery. Reggie describes his own grief as the bodily felt sense, the emotional sense he feels in his body – which we all can feel in our bodies – after, or as the result of a loss of a close loved one or beloved pet. He defines, characterizes, and distinguishes mourning from bereavement by describing it as chosen publicly visible behaviors that we use—the actual rituals we use to engage our grief. Reggie explains whereas grief might be an overwhelming sense of loss or sadness that could be characterized by lethargy, confusion or just deep sadness, mourning might be what we do in terms of a memorial service for a loss or a ritual that we enact in order to externally begin to work with or on the grief. Reggie’s gentle approach to grieving and grief recovery will take your understanding of how you can move forward in the grieving process in new directions so that you eventually arrive at a healing recovery which allows you to move on with your life. Come explore a difficult subject that is often seen as being too sensitive or culturally taboo to discuss openly in our society. While death and dying may appear to be a “gruesome” topic, if you live long enough, you’ll most likely experience one or more deep losses of close loved ones. This volume addresses grief and healing in a sensitive manner such that you come away from the reading experience with a sense of gratitude and perhaps saying “Oh, I get it now. I’m not alone in my grief. I’m glad that someone else gets it too!”

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