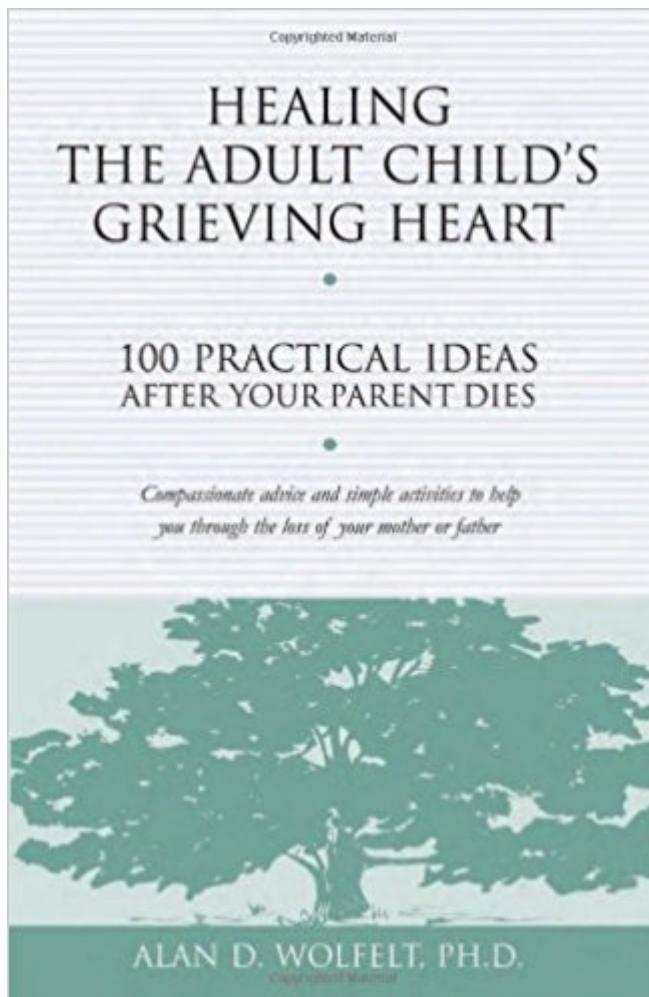


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# Healing The Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies (Healing Your Grieving Heart Series)



## **Synopsis**

Offering heartfelt and simple advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language, but provides small, immediate ways to understand and reconcile grief. Some of the action-oriented tips include writing down memories, completing a task or goal left unfinished by your deceased parent, or honoring the parent's birthday. In addition the common challenges that face grieving adult children, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed clearly and concisely.

## **Book Information**

Series: Healing Your Grieving Heart series

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## **Customer Reviews**

I bought this book shortly after my father passed away, and thought it was so good I ordered more copies for my siblings. I also ordered another version for my niece which is specifically for teens, one for my mom that's written for spouses of the deceased. The book is divided into subjects with text limited to one page per topic. While normally I like more detail, the author knows that in times of grief the brain more readily accepts smaller bits of information. Each page is to the point and easy to digest. I usually read one or two pages at a time, or whatever I feel like on any given day. I'm still not quite half-way through, but it's rare that I come across a topic that isn't relevant and or helpful to me. Although many books on grief are religion-based, I was relieved that this book is not written from that angle. Not that it doesn't have spiritual topics here and there, but whenever mentioned it

seems to apply generally to an overall belief in a higher power, and not specifically to a particular religion. I think this book would be very helpful to anyone regardless of religious beliefs. I was also relieved that it doesn't push the idea of "the steps of grief" and what step you should or shouldn't be in. All of these are mentioned in separate topic pages, but the author is careful to say that people tend to experience these in different order, or just some and not others, and not in any particular time frame. It's hard enough dealing with the emotions and life changes that go along with the death of a parent, without thinking there's something wrong with you for not being in the right stage, or one stage for too long, etc. The topics are very comprehensive--everything from emotional states (i.e.

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