



## Healing Your Grieving Body: 100 Physical Practices for Mourners

By Alan D. Wolfelt, Kirby J. Duvall

Companion Press,US. Paperback. Book Condition: new. BRAND NEW, Healing Your Grieving Body: 100 Physical Practices for Mourners, Alan D. Wolfelt, Kirby J. Duvall, Acknowledging the unique set of symptoms that accompanies a period of mourning, this guide is the ideal companion to weathering the storm of physical distress. From muscle aches and pains to problems with eating and sleeping, this handbook addresses how the body responds to the impact of profound loss. Low energy, headaches, and other conditions are also taken into account. With 100 ways to help soothe the body and calm the mind, this compassionate study is an excellent resource in understanding the connection between the two.



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