

Unfinished Conversation: Healing from Suicide and Loss (Paperback)



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(Clemmie Rolfson)

UNFINISHED CONVERSATION: HEALING FROM SUICIDE AND LOSS (PAPERBACK)



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Parallax Press, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Unfinished Conversations is not only a story of profound grief, but also a guided journey to healing. Based on a journal Robert Lesoine kept during the two years following the suicide of his best friend, Unfinished Conversations will help readers through the process of reflecting on and affirming the raw immediacy of survivors emotions. Each short chapter focuses on a different aspect of the author s experience as he transforms his anger and guilt to understanding and forgiveness. Licensed psychotherapist Marilynne Chophel brings her professional background to Robert Lesoine s deeply personal story to create an accessible path to self-directed healing based on mindful awareness and sound clinical practices. Readers work through their own grieving and healing process with end-of-chapter exercises and activities. An appendix and website, , provide additional resources to survivors. The tools and techniques in Unfinished Conversations will help readers release past trauma, honor their relationship with their lost loved one, and find greater perspective, meaning, and well-being in their lives.



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