



# **GOOD GRIEF RITUALS: Tools for Healing (Healing Companion)**

*Elaine Childs-Gowell*

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## **GOOD GRIEF RITUALS: Tools for Healing (Healing Companion)** Elaine Childs-Gowell

In this comforting and deeply thoughtful book, the author offers a series of simple grief rituals, among them the venting of feelings, letter writing, affirmations, exercises to act out negative emotions as well as forgiveness, fantasies, meditations, and more. Adult children of alcoholics, victims of incest and assault, and those who have ended a relationship, lived through a natural disaster, wrecked a car, or suffered any kind of loss, will find that these rituals move them beyond loss to forgiveness, gratitude and a new sense of life.

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