

"An excellent and tactical, valid book on all the aspects of grief and grief resolution. *The Courage to Grieve* is written with wisdom and love, and makes people aware that every ending is also a new beginning."

—Elisabeth Kubler-Ross, M.D.

The
C O U R A G E
to G R I E V E

The Classic Guide to
Creative Living, Recovery and
Growth Through Grief

JUDY TATELBAUM

The Courage To Grieve

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