



Getting Back to Life When Grief Won't Heal

Phyllis Kosminsky

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Are you finding it hard to get over the loss of a loved one?

Does it seem like you'll never move on with your life?

Do you feel that you're stuck in the grieving process?

Dr. Phyllis Kosminsky understands what you're going through. Having helped hundreds of people deal with their grief and rebuild their lives, she knows that moving beyond grief is often difficult. You may be experiencing complicated mourning, the feeling of being "stuck" in your sorrow, frustration, and unresolved issues.

In her book, *Getting Back to Life When Grief Won't Heal*, you'll find a path through your grief when you read the intimate stories of people who managed to do the same. You'll find real inspiration, invaluable insight, and deeply felt advice. You'll learn that, yes, there is hope. And, with time, you can let go of the overwhelming sense of loss . . . and embrace the life you were truly meant to live.



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