



# **The Depression of Grief: Coping with Your Sadness and Knowing When to Get Help**

*Alan D. Wolfelt*

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Recognizing that depression is a normal and natural component of grief, this compassionate guide helps mourners understand their depression, express it in healing ways, and know when they may be experiencing a more severe or clinical depression that would be eased by professional treatment. It proposes that grieving people do not necessarily need to be diagnosed with depression following the death of a loved one and guides them through exercises to express their depression in healthy ways. In a society where mourning and melancholia are often ignored, this book gives mourners the supported and reassurance necessary to understand and appreciate that their depression is a regular part of the grieving process.

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