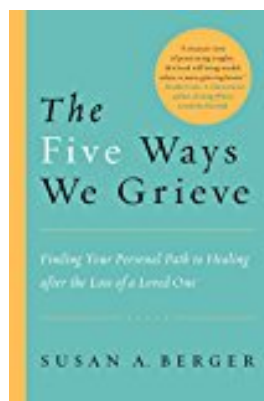


# [PDF] The Five Ways We Grieve: Finding Your Personal Path To Healing After The Loss Of A Loved One

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Title: The Five Ways We Grieve: Find  
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ISBN13:  
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#### Description:

**Review** "Author Susan A. Berger offers a fascinating new view of what happens to people who lose loved ones. *The Five Ways We Grieve* helps us to discover who we have become in order to give our lives meaning and purpose."—*Patriot Ledger*

"This compelling volume is a treasure trove of penetrating insights. Dr. Berger will bring needed solace to many grieving hearts."—Rabbi Earl A. Grollman, DHL, DD, author of *Living When a Loved One Has Died*

"Offers a fresh new approach to understanding and coping with the major losses every human being experiences. Dr. Susan A. Berger gives bereaved people a useful tool for interpreting their responses to a loss and creating a new normal for their lives."—Bob Deits, author of *Life after Loss*

"A treasure trove of penetrating insights. Dr. Susan A. Berger's lucid and thoughtfully researched writing contains personal experiences, clinical examples, and penetrating questions to ponder. Although she takes us deeply into the realm of human torment, the essential message is one of hope as she assists us in transforming tragedy into growth. Dr. Berger will bring needed solace to many grieving hearts."—Rabbi Earl A. Grollman, DHL, DD, author of *Living When a Loved One Has Died*

"This book offers hope with a plan—in the form of new ways to recognize, define, and focus on our changed identity and worldview after loss. As a child therapist specializing in illness and loss, I found this book immediately helpful."—Sallie A. Sanborn, MS, child therapist and contributor to *The Goldfish Went on Vacation*

### **About the Author**

Susan A. Berger, EdD, LICSW, counsels people who are confronting significant loss and other life changes. She also trains professionals in using her unique approach to helping the bereaved. She has twenty-five years' experience in the health and mental health fields as a researcher, practitioner, administrator, and consultant in both Massachusetts and Washington, D.C.

She lectures widely in professional healthcare, business, government, and university settings. She has held faculty appointments at three colleges, teaching courses in human behavior and psychology. She has also served as a hospice volunteer. Dr. Berger is herself a survivor of early parental loss.

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