



Heal Your Pain: Releasing the Emotions of Grief Loss (Paperback)

By Janet Greene, Elaine Williams

Createspace, United States, 2009. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Until now, grief has been a journey of trying to cope and deal with something so painful and distressing that it shakes the very core of our being. There has been no clear direction, no defined path of healing to refer to, and no comfort to find other than the words what you feel is perfectly normal and it will feel better in time. Grief has been a roller coaster ride of distress, pain and long term implications of this traumatic experience. Heal Your Pain sets forth a clear path through grief and mourning, with simple step-by-step direction, and an effective way to completely and permanently release the pain - using Greene's Release Technique. Heal Your Pain includes support and guidance for those who are struggling with a new grief, as well as for those who wish to heal the pain of a loss that occurred years, or even decades ago. Heal Your Pain makes it possible to heal and recover from this traumatic wound, and rebuild your life. There is life after loss.



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