



# **The Grief Recovery Workbook: Helping You Weather the Storms of Death, Divorce, and Overwhelming Disappointments**

*"Chaplain Ray" Giunta*

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## **The Grief Recovery Workbook: Helping You Weather the Storms of Death, Divorce, and Overwhelming Disappointments** "Chaplain Ray" Giunta

Loss and disappointment are natural parts of life in this fallen world. Chaplain Ray sat shoulder-to-shoulder with people hurting from the most atrocious occurrences of our time - from Columbine to Ground Zero. Now he has put his highly effective grief counseling principles into workbook form. Readers will learn how to define grief, process pain, wrestle with guilt, manage anger, and express forgiveness - no matter what loss they're grieving. Each session begins with a real-life story that brings out an aspect of grief. Then uses Scripture and proven techniques to allow readers to find healing at their own pace. People can get stuck in their grief. Chaplain Ray gives readers a step-ladder to return to emotional and spiritual wholeness.



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