



My Five Stages of Grief: A Father's Journey to Recovery from Bereavement (Paperback)

By Darren Heart

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Emotional Poetry Books My Five Stages of Grief by Darren Heart is an emotional chronicle of the author's ten year journey to recovery and healing from the grief and overwhelming sense of loss caused by the tragic deaths of his long term partner, and shortly afterwards, his step son. The Prologue for this book summarizes the author's moving love story up until the moment tragedy strikes at the heart of his family. The main body of the book is represented by five chapters dedicated to the five stages of grief, namely; Denial, Anger, Bargaining, Depression and Acceptance. Each chapter is broken down to include a brief clinical definition for a particular stage, followed by the author's own observations and experiences, closing with a number of poems written by the author, intended to reflect upon the various emotions and thoughts experienced during that particular stage of the grieving process. My Five Stages of Grief concludes with an Epilogue where the author describes life post-acceptance, and offers words of hope, inspiration and encouragement to those who may...



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It is in a single of the best book. This is for those who state there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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