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Second Firsts: How to Let Go of Your Grief and Start Your New Life

By Christina Rasmussen

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Second Firsts: How to Let Go of Your Grief and Start Your New Life, Christina Rasmussen, A total revision of the stages of grief, Christina Rasmussen's new book takes a radical approach to bereavement by using neuroscience to honour your past and consider your future positively. After studying to become a therapist and crisis intervention counsellor - even doing her master's thesis on the stages of bereavement - Christina Rasmussen thought she knew what grieving was. But it wasn't until losing her husband to cancer in her early 30s that she truly understood the depths of sorrow and pain that come with it. Using the knowledge she gained while wading through her own grieving process and researching hundreds of neuroscience books, Rasmussen began to look at these experiences in a new way. She realized that grieving plunges you into a gap between worlds - the world before trauma and the world after trauma. She also realized how easy it is to become lost in this gap. In Second Firsts, Rasmussen walks readers through a proven process that helps them break the spiral of pain and create a safe space for...

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-- **Imogene Bergstrom**

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