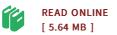




# Second Firsts: How to Let Go of Your Grief and Start Your New Life

## 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...



#### Reviews

This publication might be well worth a read, and much better than other. It really is simplified but excitement inside the 50 % of the book. You will not feel monotony at whenever you want of the time (that's what catalogues are for concerning when you check with me). -- Imogene Bergstrom

*I just started off reading this article publication. This really is for all who statte there had not been a really worth looking at. You will not feel monotony at anytime of your own time (that's what catalogs are for about should you ask me).* -- **Prof. Jeremie Kozey** 

# Other Kindle Books

PDF

Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other cows, because she has a very special...

Ρ	D	F

Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved and previously accessible...



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625)

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PDF

## You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...

PDF

### Because It Is Bitter, and Because It Is My Heart (Plume)

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-Iship FAST with FREE tracking!!!! \* I am a reputable...

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## Adult Coloring Books Reptiles: A Realistic Adult Coloring Book of Lizards, Snakes and Other Reptiles

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Take your coloring to the next level with this Advanced Adult Coloring Book of Reptiles! Get more...