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Awareness can take you from living with misery to living with openness and passion. Grieving mindfully allows us to use the tremendous influx of emotional energy that comes from experiencing loss to nurture life. Approach grief as an opportunity to grow by actively giving meaning to your pain.

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Grief is a personal journey, never the
same for any two people and as unique
as your life and your relationships.

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book has something for everyone. By
Laurie Pfeiffer on Sep 22, 2005. Dr.
Kumar has presented the reader with
tools, lessons, and goals for coping with
grief that are not only compassionate
and fulfilling, but also practical and
realistic.

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Kamet (2005), in *Grieving Mindfully: A Compassionate and Spiritual Guide to Coping With Loss*, also tapped into the spiritual dimension in regard to dealing with loss and stated that the more one practices mindfulness, the better one can ...

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path through grief and loss Grief is a personal journey, never the same for any two

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Grief is a personal journey, never the same for any two people and as unique as your life and your relationships. Although loss is an inevitable part of life, how you approach this fact can make the difference between meaningless pain and the manifestation of understanding and wisdom. This book describes a mindful approach to dealing with grief that can help you make that difference.

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Grief is a personal journey, never the same for any two people and as unique as your life and your relationships. Although loss is an inevitable part of life, how you approach this fact can make the difference between meaningless

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pain and the manifestation of understanding and wisdom. This book describes a mindful approach to dealing with grief that can help you make that difference.

Grieving Mindfully: A Compassionate and Spiritual Guide to ...

Five Ways to Grieve Mindfully 1. Accept your feelings: Allow yourself to feel what you feel at any given moment, with a sense of self-compassion, and without judgment. 2.

5 Ways Mindfulness Can Help Us Work Through Grief - Mindful

"Grief and loss are dreaded experiences that many wish to either avoid or to rapidly solve. In Grieving Mindfully, Kumar offers the alternative of welcoming the experience as an opportunity to develop our humanity. This book offers a path to healthy grieving for people encountering losses of many kinds."

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Grief Rebound Would you listen to Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss again? Why? I listened to it 3 times already and will again. It's amazing and the author is so in touch with the reality of how individual the experience of grief is for each person and each loss.

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