



Unlocking the Grief Code: A Grief Recovery Manual Using Mind, Body Spirit Healing Solutions (Hardback)

By Sandra Ruggles

Balboa Press, United States, 2013. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is designed to help you recover from the emotional pain of grief and loss. It is a holistic manual and a workbook with practical exercises and techniques to help you take the necessary steps to regain your overall well-being and become a whole person again. By reading this book, you can learn new ways to live your life free from grief. It is Sandra's wish for all of you reading this book that you heal easily, effortlessly, and faster than you ever imagined.



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