



# The GriefWork Companion - Activities for Healing

*Fran Zamore, LISW, IMFT, Ester Leutenberg*

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The GriefWork Companion was developed to help adults who are grieving heal from their losses. The book contains worksheets, quotations, and educational and journaling pages. It is a user-friendly and effective self-help resource. Seven chapters guide the reader through the grieving process and include: Let's Get Started, Getting In Touch, Telling Your Story, Self-Care, Relationships, Special Days, and A New Normal. It is also a companion book for mental health professionals' clients, to use in conjunction with GriefWork - Healing From Loss.

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