



# **The Understanding Your Suicide Grief Journal: Exploring the Ten Essential Touchstones (Understanding Your Grief)**

*Alan D. Wolfelt PhD*

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## **The Understanding Your Suicide Grief Journal: Exploring the Ten Essential Touchstones (Understanding Your Grief)** Alan D. Wolfelt PhD

With ample space to unburden the heart and the soul, this companion workbook helps grievers explore the 10 essential touchstones for finding hope and healing. The exercises throughout the journal recall the content of the book and ask corresponding questions about the survivor's unique grief journey.

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