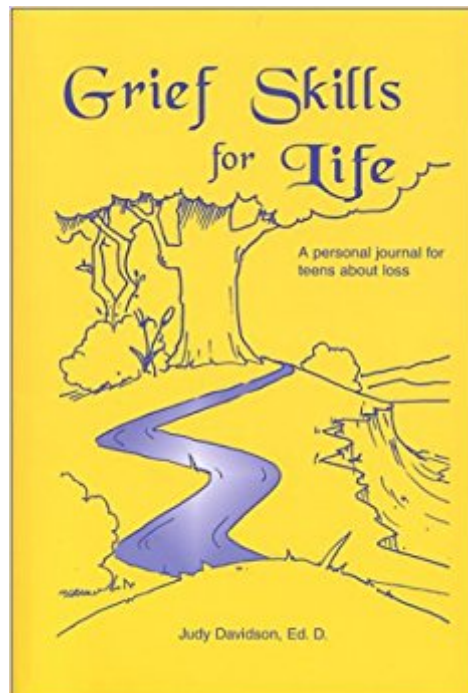




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Grief Skills For Life: A Personal Journal For Adolescents About Loss



Synopsis

Grief Skills for Life will guide you through the grief process. The grief process is a personal journey that only you can take because you are grieving a special relationship you shared with someone you love. As you write, color, or draw in this journal, you will cry, laugh, remember, process and release. The Center for Personal Recovery is within you. Even though you are healing, know that the love you feel will remain, always, in your heart. Life goes on when a loved one dies whether you like it or not. How you choose to live it is up to you. Your loved one would want you to live it well and live it to the fullest!

Book Information

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Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,506,662 in Books (See Top 100 in Books) #64 in [Books > Teens > Social Issues > Death](#)

Customer Reviews

Dr. Judy Davidson is a national consultant, speaker, counselor, and author who was widowed at the age of 30. Her boys were 2 and 7. Her oldest son died in an accident at age 17. She shares her insights as a death educator and trauma specialist with children, parents, and counselors. She is also the author of *Grieving Well: A personal journal for adults about loss*.

Valuable reply for grieving teens and for the adults in their lives who are seeking ways to emotionally support them.

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