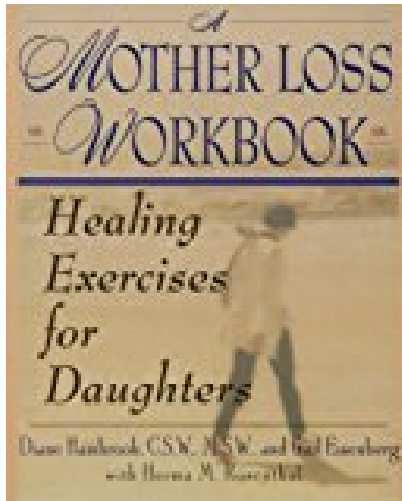


A Mother Loss Workbook Healing Exercises for Daughters



BOOK DETAILS

- Author : Diane Hambrook
- Pages : 352 Pages
- Publisher : William Morrow Paperbacks
- Language : English
- ISBN : 0060952229

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BOOK SYNOPSIS

To tell you how to use this workbook would be like giving you instructions on how to grieve. Impossible. The only thing we know for sure is that no two people will approach this work in the same way. If there's one thing you should remember as you begin this process, it is this: You are not alone. With that knowledge, you've already begun to heal. --from *A Mother Loss Workbook* Inspired by Hope Edelman's bestselling *Motherless Daughters*, authors Diane Hambrook and Gail Eisenberg have created a sensitive, accessible workbook for women suffering the wounds of early mother loss. *A Mother Loss Workbook* is designed to help the motherless daughter tell the story she needs to tell--her story. Its varied exercises, open-ended questions, writing topics, and activities, drawn from Hambrook's years of work with motherless daughters, provide both careful direction and generous room for self-expression. This book is a safe place where no one will judge a woman, where the work she must do can be done in her own time, at her own pace, and at any stage of mourning. *A Mother Loss Workbook* is an ideal supplement for personal therapy and support groups, but it is an important--and perhaps the only--tool for women just starting their journey or who are hesitant to go public with their feelings. Whether a woman uses it privately or shares it with a group, no matter how long it's been since her mother died, *A Mother Loss Workbook* will guide her toward fully understanding her loss and taking charge of her future.

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