



## Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies (Healing Your Grieving Heart series)

By Alan D. Wolfelt PhD

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Offering heartfelt and simple advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language, but provides small, immediate ways to understand and reconcile grief. Some of the action-oriented tips include writing down memories, completing a task or goal left unfinished by your deceased parent, or honoring the parent's birthday. In addition the common challenges that face grieving adult children, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed clearly and concisely.

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### **Editorial Review**

#### **About the Author**

Alan D. Wolfelt, Ph.D., is the director of the Center for Loss and Life Transition, a faculty member at the University of Colorado Medical School, and the author of Understanding Grief: Helping Yourself Heal, Journey Through Grief: Reflections on Healing, and the Healing a Grieving Heart series. He is best known for his method of "companionship" versus treating the bereaved. He lives in Fort Collins, Colorado.

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