



## The Understanding Your Grief Journal: Exploring the Ten Essential Touchstones

*Alan D. Wolfelt PhD*

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# The Understanding Your Grief Journal: Exploring the Ten Essential Touchstones

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**The Understanding Your Grief Journal: Exploring the Ten Essential Touchstones** Alan D. Wolfelt PhD  
This companion workbook to *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart* is designed to help mourners explore the many facets of their unique grief through journaling. Ten essential touchstones for mourners are covered, including being open to the presence of loss, dispelling misconceptions about grief, embracing the uniqueness of grief, seeking reconciliation, and reaching out for help. Journalers are asked specific questions about their feelings of grief as they relate to the ten essential touchstones and are provided with writing space for their reflections.



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