



Healing Your Grieving Heart After a Military Death: 100 Practical Ideas for Family and Friends (The 100 Ideas Series)

Bonnie Carroll, Alan D. Wolfelt

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Practical methods for healing after the loss of a member of the military

When a loved one is killed in the line of duty, this book affirms that survivors' grief is shaped by the unique circumstances of the death. Because military deaths are almost always sudden and violent, the traumatic nature of the loss creates a two-part grief—one focused on the manner in which the person died, the other focused on the long-term repercussions of life without this special person. This guide acknowledges the unique mixture of sadness, pride, anger, and blame that often characterizes grief after a military death, including in the event of a military suicide, and offers ideas for constructively expressing thoughts and feelings. Anyone whose life has been touched by a military death will find compassionate understanding and healing guidance in the pages of this handbook.

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