



Grief Demystified

By Caroline Lloyd

“ **QUESTION:** WHAT IS THE WORST KIND OF BEREAVEMENT? IS IT THE DEATH OF A PARENT, A CHILD, A FRIEND, A COLLEAGUE OR A PET?

ANSWER: THE DEATH OF A SIGNIFICANT ATTACHMENT ”

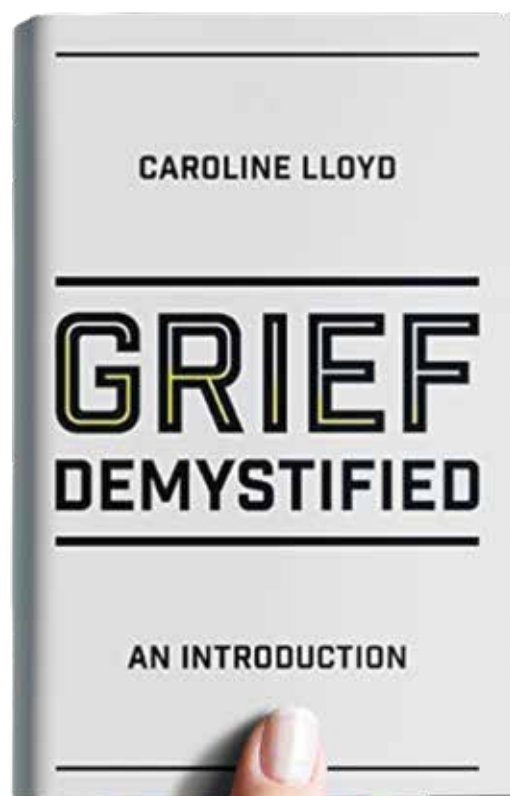
Grief Demystified is described by the author as “the book she wanted and needed when she was bereaved”, and whilst training herself as a bereavement volunteer. This book is designed as an essential tool to several frontline professions - police, nurses, funeral directors - in fact, any individual who works closely with the grieving and bereaved but might have little information and training on the psychology of grief.

The book contains some valuable insights into the history of grief and explores the uniqueness of human beings, resulting in many different styles and reactions to grief. The author has included an interesting look at grief and the internet, and

how technology has transformed our engagement with death, dying and bereavement, for example with digital legacy and areas of online support.

The chapter *What do you say to the bereaved?* gives some particularly useful advice on how powerful language can be, with lots of examples of positive communication, acknowledging that those grieving can be sensitive and emotional and what comforts one person may be construed in an entirely different way by another.

Grief Demystified is an important read for anyone working with bereaved people or for anyone grieving themselves.



Publisher: Jessica Kingsley Publishers
ISBN-13: 978-1785923135
£6.99 Kindle Edition £9.99 paperback
Available to purchase on Amazon