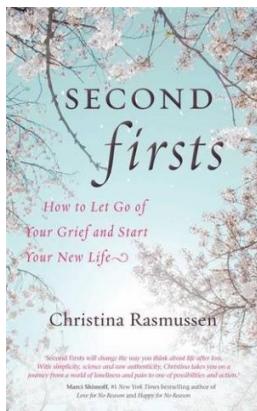


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# SECOND FIRSTS: HOW TO LET GO OF YOUR GRIEF AND START YOUR NEW LIFE



Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Second Firsts: How to Let Go of Your Grief and Start Your New Life, Christina Rasmussen, A total revision of the stages of grief, Christina Rasmussen's new book takes a radical approach to bereavement by using neuroscience to honour your past and consider your future positively. After studying to become a therapist and crisis intervention counsellor - even doing her master's thesis on the stages of bereavement - Christina Rasmussen...

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- Authored by Christina Rasmussen
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