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Fifty Shades of Grief Archives Available

Grief is a universal experience. It is the normal and natural response to significant loss of any kind. Unfortunately most of what we've learned about grief is not normal, natural, healthy or helpful.

There are close to 50 losses that can produce the wide range of emotions we call grief. The list includes death, divorce, moving, loss of career, finances, health, trust, safety, relationships, loss of love and compassion, plus many more.

We all experience loss in our life. When we do people tell us to let go and move on. Not knowing how to let go can result in us hastily moving on

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