



# The Essential Guide to Life After Bereavement: Beyond Tomorrow

*Mary Jordan, Judy Carole Kauffmann*

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The period following the death of a loved one can be a time of great turmoil. This sensitive book acts as a supportive road map through the initial period of loss, and through the weeks and months that follow.

The authors address not only the emotional and spiritual aspects of bereavement, but also important and often overlooked practical considerations such as dealing with wills and other paperwork, disposing of personal possessions, making arrangements for funerals and memorial services, coping with the anniversaries of a death and resolving family conflict. Drawing on many real examples, they offer compassionate, realistic advice on dealing with guilt and other negative emotions, as well as helpful guidance on how and when to break the news of a death to others, including to children, people with learning disabilities and people with dementia.

This will be an invaluable guide for anyone who has experienced, or who is facing, a bereavement. It will also be of interest to professionals involved in supporting those who are bereaved, both as a source of helpful information and as a resource to recommend to clients.

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