

Lifting the cloud : Enjoying life grief and all by Beth Dixon.

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Beth Dixon, a New Zealander is an experienced counsellor with a big heart. This book is a collection of 52 articles written for a weekly column called "Good Grief" in the Wanganui Chronicle 2008/2009. The idea of the column was to provide an alternative and helpful perspective plus light and comfort in challenging times.

Practical and clearly written help for the grief experience and how to approach it in everyday life. Chapters cover:- What is Grief? ; Managing Grief ; Personal and Family & Wider issues ; Children and Grief ; Getting Older.

Some of topics are:- becoming stuck in grief; unwritten rules; grief and eating; death hurts; overhelping and letting go. Also animals and our shared grief.

A great book to pick up and delve into an article that resonates with you.

Keren Marsh Whanganui TCF