

# [PDF] Understanding Your Grief: Ten Essential Touchstones For Finding Hope And Healing Your Heart

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#### Description:

**About the Author** Alan D Wolfelt PhD, serves as director of the Center for Loss and Life Transition. He writes the 'Children and Grief' column for Bereavement Magazine and has appeared on The Oprah Winfrey Show, Larry King Live, and Today. He is the author of Healing Your Grieving Heart,

Healing a Teen's Grieving Heart, and Understanding Your Grief. He lives in Fort Collins, Colorado.

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