



Mindfulness and Grief: With guided meditations to calm the mind and restore the spirit

Heather Stang

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Coping with grief and loss is one of life's greatest challenges. At times, it may seem overwhelming and impossible to navigate. This inspirational grief book offers real-life stories and mindfulness-based techniques to help you reduce your suffering even during the toughest of times. Whether you are new to meditation or have been practicing for decades, *Mindfulness & Grief* will not only help you in the short term, it will teach you how to live your life more fully even in the wake of loss.

Inspired by contemporary grief research and ancient mindfulness techniques, this grief book is structured as an 8-week program and day-long retreat with over 35 meditation, yoga, journaling and expressive arts exercises.

This book will:

- Ease your physical symptoms of grief
- Calm your mind and help you regulate difficult emotions
- Increase compassion toward yourself and others
- Help you make meaning from your loss & honor your loved one
- Develop your new self-narrative for moving forward
- Improve your present moment awareness & potential for future health

Mindfulness & Grief is based on the 8-week program developed by thanatologist and mindfulness meditation instructor Heather Stang. This program is accessible to anyone - regardless of physical ability - and does not require any previous meditation or yoga experience. Companion meditations are available on the *Mindfulness & Grief* web site.

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