



# Life After Loss: How to Help the Bereaved

*Christy Kenneally*

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# Life After Loss: How to Help the Bereaved

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## **Life After Loss: How to Help the Bereaved** Christy Kenneally

Empowering book on coping with loss, grieving, and bereavement. Helps you understand and cope with many forms of loss including suicide. This is a book for all of us who are unsure how to behave and what to say when faced with friends, family, loved ones, colleagues and acquaintances who are bereaved. What do you say after you've said Sorry for your trouble? This is not just a book for the bereaved but for everyone who is unsure how to act and what to say when faced with friends, family, loved ones, colleagues and acquaintances who have been bereaved. Life After Loss was written for what the author calls the 'second circle' who are dealing with the bereavement of others. They include family, friends, colleagues, employers, carers, nurses, doctors, priests, pastors, social workers and counsellors. Drawing on twenty years of lecturing, training and broadcasting on the subject of bereavement, Christy Kenneally has put together a book filled with human interest, anecdote and even humour.

Christy Kenneally, one of Ireland's best-loved communications and media personalities, is the bestselling author of 'Small Wonders'. He now works as a communications consultant and broadcaster.

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