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## Grief Comfort Guide: A Personal Journey from Loss to Light

By Marie Lenay Rogus

Twilight Garden Publishing . Paperback. Condition: New. 112 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. Marie Lenay Rogus has become an expert in dealing with grief after having lost seven of her loved ones. She wrote this memoir to tell their stories and share her own, including reflections on her eighteen years working in Hollywood and interactions with stars like Cary Grant and Mae West. Lenay shares how she coped with each loss and offers suggestions of comfort that may help others better handle their own grief. She knows how difficult the journey through grief can be, that you don't know how or if you can get through it, and you want to hear from someone who has. When you read Grief Comfort Guide, you will: Learn that when you experience the crazies, you are normal. Find out what you can do when that deep grief wave hits. Discover coping tips for managing your anger and guilt. Get advice on how to handle your loved ones belongings. Learn what to say when someone tells you to get over it. This invaluable book will help you realize you're not alone, and gives you the practical steps you can take to better handle your...



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