



# **Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death (Healing a Grieving Heart series)**

*Alan D. Wolfelt PhD*

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Dealing with grief in a practical manner, this guide offers compassionate tips for those affected by a traumatic death. Included are topics such as coping with family stress, expressing feelings of hurt and anger, dealing with hurtful comments, and exploring feelings of guilt. Each of the 100 suggestions is aimed at reducing the confusion, anxiety, and huge personal void in order to help survivors begin their lives again. Some of the tips include understanding the special characteristics of trauma grief, planting a tree in memory of the person who died, and making connections with others affected by a similar death.

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