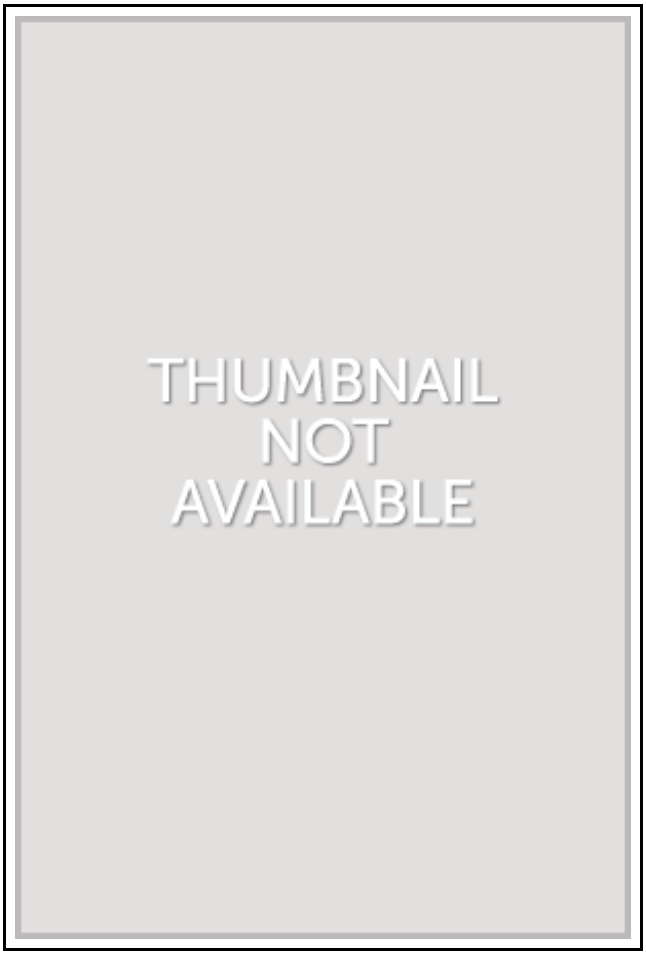
My Five Stages of Grief: Poetry Anthology (Paperback)



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Reviews

Basically no words to describe. We have read through and i also am sure that i am going to going to read once more once again later on. You may like just how the article writer compose this publication.

(Mrs. Jane Quitzon DDS)

MY FIVE STAGES OF GRIEF: POETRY ANTHOLOGY (PAPERBACK)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.My Five Stages of Grief: Poetry Anthology by Darren Heart is an emotional chronicle of the author s ten year journey of recovery and healing from the grief and the overwhelming sense of loss caused by the tragic deaths of his long term partner, and shortly afterwards, his step son. The original poetry contained within this anthology is taken from the more extensive book My Five Stages of Grief: A Father s Journey to Recovery from Bereavement, written by the same author. The main body is represented by five chapters featuring poems dedicated to the five stages of grief, namely; Denial, Anger, Bargaining, Depression and Acceptance ; Intended to reflect upon the various emotions and thoughts he experienced during that particular stage of the grieving process. Contains 45 original emotional, and thought provoking, short poems, capturing the author s raw thoughts and emotions associated with each stage. For those who have suffered the loss of a loved one, this poetry book explore a mourner s need to acknowledge death and embrace the pain of loss and bereavement, as a pathway to recovery. At one time or another, we will all find ourselves facing a dark journey through the grieving process. My Five Stages of Grief Poetry Anthology is written to provide support and comfort for a person who is in the wake of despair following the loss of a loved one. Example Poem from this Anthology A Castaway Dark clouds of despair rolling above, Obscures the peak of mount melancholy. Surrounded by a rough sea of sadness, Waves of woe crashing all over me. Where is this place i have landed? A castaway in a far off land....

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