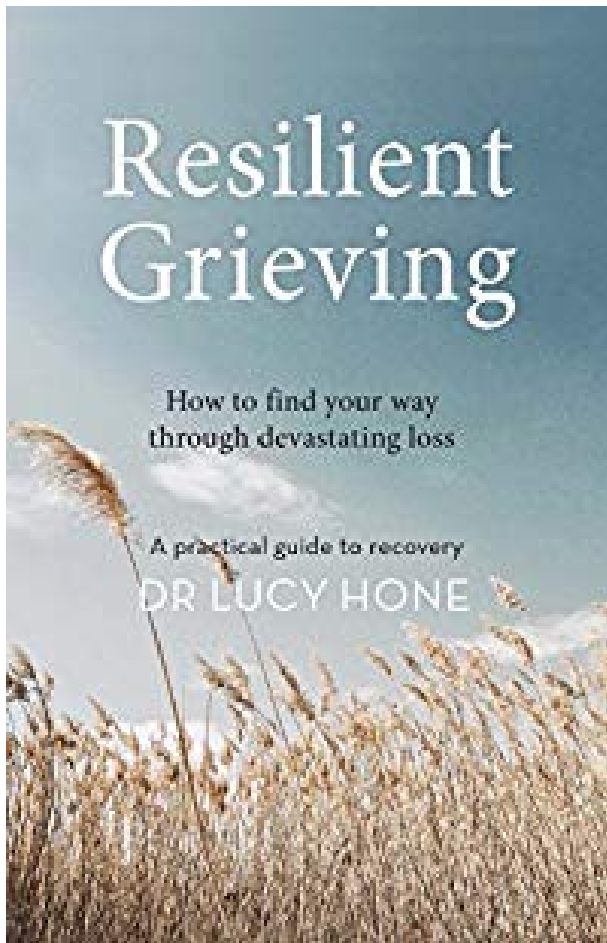


Resilient Grieving: How to find your way through devastating loss



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Author:	Lucy Hone
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[Resilient Grieving: How to find your way through devastating loss.epub](#)

A recommended new book for those who are grieving . . . [Hone's] metaphor for life after loss is both powerful and apt: Think of it as a scattered jigsaw puzzle, where the pieces of one's former life have been scattered and now must be reconfigured in a new way.'-The Wall Street Journal Dr Lucy Hone works in the field of resilience psychology, helping ordinary people exposed to real-life traumatic situations. When faced with the incomprehensible fact of her daughter's tragic death Lucy knew that she was fighting for the survival of her sanity and her family unit. She used her practice to develop ways to support her family in their darkest days, and to find a new way of living without Abi. In Resilient Grieving Lucy shares her research so that others can work to regain some sense of control and take action in the face of help situations. Previously published as What Abi Taught Us.