



# **Healing Your Grief When Disaster Strikes: 100 Practical Ideas for Coping After a Tornado, Hurricane, Flood, Earthquake, Wildfire, or Other Natural Disaster (The 100 Ideas Series)**

*Alan D. Wolfelt*

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When your family, neighborhood, city, or area of the country is affected by a natural disaster, it's normal and necessary to feel grief and the traumatic experience of actually witnessing and surviving the event may be consuming you. This book will help you understand and embrace your difficult thoughts and feelings. It will be a compassionate companion to you as you move through shock and numbness and struggle with ongoing grief symptoms such as fear, guilt, and sadness. Some of the 100 ideas explain the basic principles of grief and mourning and how they apply in the aftermath of a natural disaster, while others offer immediate, here-and-now suggestions of things you can do today to express your grief and live with meaning in each moment.

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