

Moving beyond grief (26 GBP)













The Grief Recovery Method[®]

Location **London, London**
<https://www.freeadsz.co.uk/x-509529-z>



I am a Certified Grief Recovery Specialist and Self-Care Coach. I believe that most of us are ill prepared when it comes to dealing with grief - either directly in the position of the griever or as a family member or friend of a griever. This 8-week program will help you to MOVE BEYOND YOUR GRIEF by looking at your self-limiting beliefs around loss (referred to as the myths of grief), by identifying your unresolved relationships and incomplete recovery and by taking a series of correct actions. The tools and knowledge you will gain will also help you to improve your current life and all relationships present in your life. I look forward to meeting!

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