



## The Essential Guide to Life After Bereavement: Beyond Tomorrow

By Mary Jordan, Judy Carole Kauffmann



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The period following the death of a loved one can be a time of great turmoil. This sensitive book acts as a supportive road map through the initial period of loss, and through the weeks and months that follow.

The authors address not only the emotional and spiritual aspects of bereavement, but also important and often overlooked practical considerations such as dealing with wills and other paperwork, disposing of personal possessions, making arrangements for funerals and memorial services, coping with the anniversaries of a death and resolving family conflict. Drawing on many real examples, they offer compassionate, realistic advice on dealing with guilt and other negative emotions, as well as helpful guidance on how and when to break the news of a death to others, including to children, people with learning disabilities and people with dementia.

This will be an invaluable guide for anyone who has experienced, or who is facing, a bereavement. It will also be of interest to professionals involved in supporting those who are bereaved, both as a source of helpful information and as a resource to recommend to clients.

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### Editorial Review

#### Review

Its strength lies in covering a range of issues, and thus for the newly bereaved, or those supporting them, it alerts the reader to the potential issues that might need to be addressed and ways that they may be handled... The foreword by Ciaran Devane of Macmillan Cancer Support gives the best advice on this book - 'Please read it and take from it what is helpful.' It is full of thought-provoking material, and draws attention to different issues and scenarios. -- Bereavement Care The narrative of the text is grounded in experience with short reflections that earth conversations in the reality of bereavement. There are gentle but searching questions of the reader in the text. The writers have a gift for a concise and clear expression of thought. -- www.jameswoodward.info The Essential Guide to Life after Bereavement is a very useful volume with a lot of helpful information. The authors have drawn from their many years of experience and made the book very practical and easy to read. It will have value to both the bereaved and those who seek to help the bereaved... This volume will be of great help to both the bereaved and those seeking to help them. I found it invaluable and firmly recommend it. -- National Newsletter for the Survivors of Bereavement Drawing on many real examples from their work in bereavement counselling, they offer advice on coping with negative emotions, as well as unique and helpful guidance on breaking bad news to children, people with learning disability and people with dementia. This practical book is essential reading for all those who have experienced bereavement or loss, as well as the friends, relatives and professionals involved in supporting them. -- Day by Day Magazine Whatever your role and whatever loss you are experiencing, I hope there is something in [this book] which makes things that bit less painful, that bit sooner. Please read it and take from it what is helpful to you - and know there are many of us out there who did bounce back and who wish the same for you. -- Ciaran Devane, Chief Executive, Macmillan Cancer Support Full marks to the authors for not smoothing over the question of loss, with platitudes about the passage of time or the stages of grief... The authors' calm suggestions about how to dispose of objects associated with dead relatives are much easier to accept than the kind of bossy list-making that afflicts some bereavement literature... the authors advise readers to be prepared to find that life has altered, but also that new ways of living may ultimately flourish. There is a useful list of resources at the end of the book. Youth in Mind The Essential Guide to Life After Bereavement includes sections on many of the practical and emotional issues which arise following a death such as breaking bad news, dealing with the deceased person's possessions, creating memorials and coping with anniversaries. One of the book's strengths is its willingness to tackle more sensitive issues surrounding family conflict... The contribution of the author with experience of dementia care is evident and particularly valuable for the Older Adult field... The Essential Guide to Life After Bereavement can be recommended to both those experiencing bereavement and to the professionals who may encounter them. -- Rosie Peel, Northumbria Healthcare, Psychiatry of Old Age Service (POAS) The British Psychological Society's Newsletter This book comprises both emotional and practical support for anyone who is currently experiencing bereavement or is helping another person through a loss on either a familial or professional level... Additionally, the authors have included a resources section at the end of the book which details many helpful contacts and websites that could be an invaluable source of support to the reader, whatever their circumstance. -- Chloe Fitch, Cardiff Memory Team Signpost

#### Review

Its strength lies in covering a range of issues, and thus for the newly bereaved, or those supporting them, it alerts the reader to the potential issues that might need to be addressed and ways that they may be handled... The foreword by Ciarán Devane of Macmillan Cancer

Support gives the best advice on this book - 'Please read it and take from it what is helpful.' It is full of thought-provoking material, and draws attention to different issues and scenarios.

(Bereavement Care)

The narrative of the text is grounded in experience with short reflections that earth conversations in the reality of bereavement. There are gentle but searching questions of the reader in the text. The writers have a gift for a concise and clear expression of thought. ([www.jameswoodward.info](http://www.jameswoodward.info))

The Essential Guide to Life after Bereavement is a very useful volume with a lot of helpful information. The authors have drawn from their many years of experience and made the book very practical and easy to read. It will have value to both the bereaved and those who seek to help the bereaved... This volume will be of great help to both the bereaved and those seeking to help them. I found it invaluable and firmly recommend it. (National Newsletter for the Survivors of Bereavement)

Drawing on many real examples from their work in bereavement counselling, they offer advice on coping with negative emotions, as well as unique and helpful guidance on breaking bad news to children, people with learning disability and people with dementia.

This practical book is essential reading for all those who have experienced bereavement or loss, as well as the friends, relatives and professionals involved in supporting them.

(Day by Day Magazine)

Whatever your role and whatever loss you are experiencing, I hope there is something in [this book] which makes things that bit less painful, that bit sooner. Please read it and take from it what is helpful to you - and know there are many of us out there who did bounce back and who wish the same for you. (Ciarán Devane, Chief Executive, Macmillan Cancer Support)

Full marks to the authors for not smoothing over the question of loss, with platitudes about the passage of time or the stages of grief... The authors' calm suggestions about how to dispose of objects associated with dead relatives are much easier to accept than the kind of bossy list-making that afflicts some bereavement literature... the authors advise readers to be prepared to find that life has altered, but also that new ways of living may ultimately flourish. There is a useful list of resources at the end of the book. (*Youth in Mind*)

*The Essential Guide to Life After Bereavement* includes sections on many of the practical and emotional issues which arise following a death such as breaking bad news, dealing with the deceased person's possessions, creating memorials and coping with anniversaries. One of the book's strengths is its willingness to tackle more sensitive issues surrounding family conflict... The contribution of the author with experience of dementia care is evident and particularly valuable for the Older Adult field... The Essential Guide to Life After Bereavement can be recommended to both those experiencing bereavement and to the professionals who may encounter them. (Rosie Peel, Northumbria Healthcare, Psychiatry of Old Age Service (POAS) *The British Psychological Society's Newsletter*)

This book comprises both emotional and practical support for anyone who is currently experiencing bereavement or is helping another person through a loss on either a familial or professional level... Additionally, the authors have included a resources section at the end of the book which details many helpful contacts and websites that could be an invaluable source of support to the reader, whatever their circumstance. (Chloe Fitch, Cardiff Memory Team *Signpost*)

### About the Author

Judy Carole Kauffmann founded End of Life Management Ltd., through which she provides training in end of life care, caring for people with dementia and bereavement and loss. Her clients include Surrey County Council, Blindaid and Advantage Healthcare. She is also an associate trainer for a dementia specialist training organisation and Age UK. She was a trainer and volunteer with Samaritans and is an accredited Cruse Bereavement Care Counsellor. Mary Jordan is Associate Director of End of Life Management Ltd. and an Outreach Worker for a national dementia charity. She has had considerable experience of caring for elderly relatives and friends and worked in the NHS for 9 years. She is the author of The Essential Carer's Guide, written for people caring for an elderly relative. Judy and Mary are the authors of End of Life: The Essential Guide to Caring, which was highly commended by the British Medical Association and which was a runner up for the BMA Public Understanding of Science Award in 2011. Judy lives in East Sussex, UK and Mary lives in Hampshire, UK.

### Users Review

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Here thing why this particular The Essential Guide to Life After Bereavement: Beyond Tomorrow are different and trusted to be yours. First of all reading a book is good nevertheless it depends in the content than it which is the content is as scrumptious as food or not. The Essential Guide to Life After Bereavement: Beyond Tomorrow giving you information deeper including different ways, you can find any publication out there but there is no e-book that similar with The Essential Guide to Life After Bereavement: Beyond Tomorrow. It gives you thrill reading through journey, its open up your own eyes about the thing this happened in the world which is perhaps can be happened around you. It is easy to bring everywhere like in area, café, or even in your approach home by train. In case you are having difficulties in bringing the published book maybe the form of The Essential Guide to Life After Bereavement: Beyond Tomorrow in e-book can be your alternate.

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