



How to Love Again: Moving from Grief to Growth

John Monbourquette

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How does one live through grief, the end of a marriage, or a devastating disappointment of one's hopes? How can one move on from such an ordeal not only undiminished but, on the contrary, renewed and open to living and loving again? From his long experience counselling individuals on their long journey from grief to growth, Monbourquette has identified the stages of this process and guides us on a healing journey through it. (A newly revised edition of his best-selling To Love Again.)

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