

Reflect, Reconnect, Restore: Healing From Secondary Grief

By Dr. Gloria Horsley

Secondary grief is the grief that is experienced by someone who has not directly lost a loved one but has been affected by the death of someone close to them. This type of grief can be just as intense and debilitating as primary grief, and it can often be overlooked or dismissed.

In her book, *Reflect, Reconnect, Restore*, Dr. Gloria Horsley provides a comprehensive guide to understanding and healing from secondary grief. Drawing on her own experiences as a therapist and grief counselor, Dr. Horsley offers practical advice and compassionate support for those who are struggling with this type of loss.



Reflect, Reconnect, Restore: Healing from Secondary Grief by Clare Biedenham

★★★★★ 5 out of 5

Language : English
File size : 1274 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 102 pages
Lending : Enabled



The book is divided into three parts, each of which focuses on a different aspect of the grieving process. Part One, "Reflect," helps readers to

understand the nature of secondary grief and its impact on their lives. Part Two, "Reconnect," offers guidance on how to reconnect with oneself and others after a loss. Part Three, "Restore," provides tools and strategies for healing and moving forward.

Throughout the book, Dr. Horsley emphasizes the importance of self-care and support. She encourages readers to seek out professional help if needed and to connect with others who have experienced similar losses. She also offers a variety of resources, including exercises, meditations, and journaling prompts, to help readers on their healing journey.

If you are grieving the loss of a loved one, whether directly or indirectly, *Reflect, Reconnect, Restore* can provide you with the support and guidance you need to heal. Dr. Horsley's compassionate approach and practical advice will help you to understand your grief, connect with others, and move forward with your life.

Praise for *Reflect, Reconnect, Restore*

"Dr. Horsley's book is a lifeline for those who are grieving the loss of a loved one. Her compassionate approach and practical advice will help you to understand your grief, connect with others, and move forward with your life." - **David Kessler, author of *Finding Meaning: The Sixth Stage of Grief***

"Reflect, Reconnect, Restore is a must-read for anyone who has been affected by the death of a loved one. Dr. Horsley's insights and guidance will help you to heal and find peace." - **Alan Wolfelt, author of *Understanding Your Grief***

"Dr. Horsley's book is a gift to those who are grieving. Her compassionate words and practical advice will help you to find healing and hope." -

Therese A. Rando, author of *How to Go on Living When Someone You Love Dies*

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