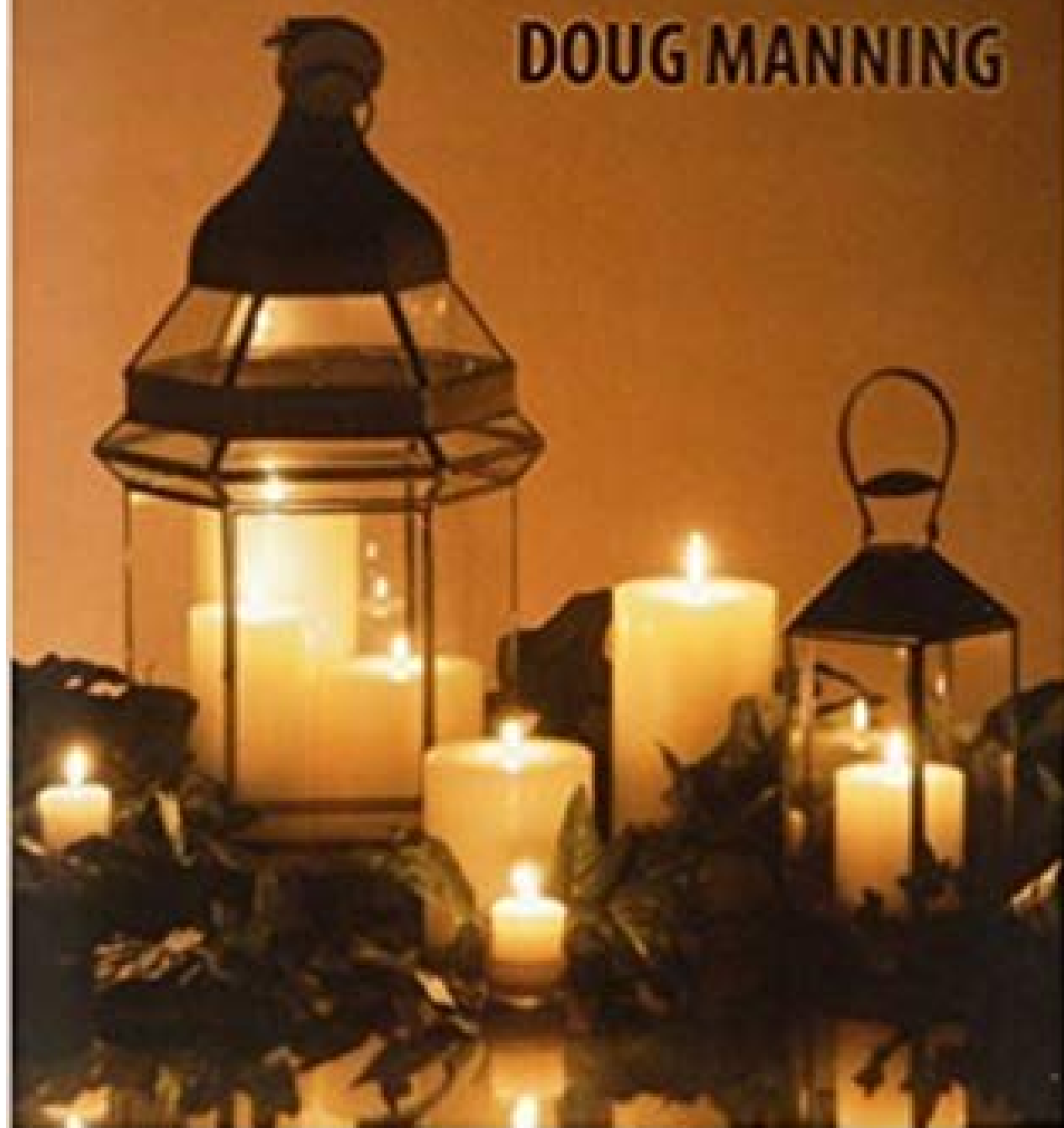


# THOUGHTS *for the* HOLIDAYS

Finding Permission to Grieve

DOUG MANNING



*Doug Manning and*

## Thoughts for the Holidays: Finding Permission to Grieve



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The holidays are difficult for anyone in grief. Doug gives the reader permission to get their very own special way to deal, to remember also to survive the hurdles that the vacation season can present. The candles are lit, the homes are decorated, and the grieving person struggles to get any joy in the celebrations.



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Five Stars Superb! As you who has browse extensively about grief, suffered through grief and worked as grief counselor, I price Doug Manning's writings about them as some of the most helpful I've found. Very Helpful little book for those dealing with loss. He writes with immense wisdom in the vocabulary of one who knows what it's like. It's a thoughtful gift, especially for those who are experiencing the first Christmas or additional holiday since their loss. Thoughts for the Holidays is a great exemplory case of such composing and it's well constructed, short plenty of and readable even when you do not feel up to reading.



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