

Ruthless Grieving: The Journey to Acceptance and Beyond

By Susan Powers Ph.D.

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Ruthless Grieving: The Journey to Acceptance and Beyond By Susan Powers Ph.D.

"Dr. Susan Powers has used her considerable training and knowledge as a psychologist and her experience as one who has 'been there' to open up a deep and necessary dialogue on this subject. I have no doubt that she will be helping people for decades to come as a result." —Tian Dayton, Ph.D.

"Don't walk but RUN to get this wonderful book *Ruthless Grieving: The Journey to Acceptance and Beyond* by Susan Powers. She has written a very moving book about her personal grief of two deaths in one year! There are ample exercises that guide the reader to do their own grieving process. One, for example, is 'Steps of Grieving,' which is modeled after the Twelve Steps of Alcoholics Anonymous. Also quite helpful to the reader are pages titled 'Things to Remember.' This book is a MUST READ for all in the healing professions!

—Ilana Rubenfeld, Founder and developer of The Rubenfeld Synergy Method and author of *The Listening Hand*

How to Get Through to the Other Side of Loss

After both her husband and daughter died in a three-month period, clinical psychologist Susan Powers, Ph.D., learned she had to be proactive and single-minded in her attempts to recover by matching the ruthlessness of grief with her own zealous action.

Through the combination of her moving, personal memoir and a professional, clinical perspective, Dr. Powers offers a roadmap for finding your own way through your darkest hours. *Ruthless Grieving* is filled with emotional wisdom as well as practical suggestions to guide anyone through deep loss and grief, including a myriad of tools to help you deal with: • initial "shock and awe" • feeling lost and angry • obsessing about the person who died • suffering depressive sadness • dealing with survivor guilt • making the journey to acceptance of this loss • reinvesting in life without them

Also included is support for grieving a death from addiction or suicide as well as a chapter devoted to helping others grieve ruthlessly.

This book is a companion and guide for your journey.

Through the use of creative imagination and bold actions, you'll learn to heal and find your own intuitive way to become more whole.

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Editorial Review

About the Author
Susan Carroll Powers, Ph.D., is a clinical psychologist who has been in private practice for more than thirty-five years in New York City and the east end of Long Island. After receiving her doctorate from Fordham University in the Bronx, she studied Gestalt Synergy with Ilana Rubenfeld. Dr. Powers has led workshops for many years and specializes in grieving and recovery from codependency in her private practice and at Onsite in Tennessee and the Caron Foundation in Pennsylvania, two major codependency treatment centers. She has studied experiential psychotherapy with Tian Dayton, Ph.D., and experiential therapy with Sharon Wegscheider-Cruse.

Users Review

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Vicki Shah:

The book untitled Ruthless Grieving: The Journey to Acceptance and Beyond is the publication that recommended to you to study. You can see the quality of the e-book content that will be shown to you. The language that writer use to explained their ideas are easily to understand. The article author was did a lot of exploration when write the book, so the information that they share for you is absolutely accurate. You also can get the e-book of Ruthless Grieving: The Journey to Acceptance and Beyond from the publisher to make you more enjoy free time.

Arlene Oliver:

The particular book Ruthless Grieving: The Journey to Acceptance and Beyond has a lot info on it. So when you check out this book you can get a lot of help. The book was written by the very famous author. The writer makes some research previous to write this book. This particular book very easy to read you can find the point easily after reading this book.

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Playing with family in the park, coming to see the marine world or hanging out with good friends is thing that usually you may have done when you have spare time, then why you don't try issue that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Ruthless Grieving: The Journey to Acceptance and Beyond, you may enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

Eli Gaddy:

That book can make you to feel relax. This book Ruthless Grieving: The Journey to Acceptance and Beyond was colourful and of course has pictures on the website. As we know that book Ruthless Grieving: The Journey to Acceptance and Beyond has many kinds or genre. Start from kids until adolescents. For example Naruto or Private eye Conan you can read and believe you are the character on there. Therefore not at all of book are usually make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book for you personally and try to like reading this.

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