

Good. Grief. - 10 Ways to Heal with Love and Kindness (Hardback)



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Reviews

Unquestionably, this is the best operate by any author. It is among the most amazing pdf i actually have read. Its been designed in an remarkably basic way which is just right after i finished reading this pdf by which basically altered me, change the way i believe.
(Harold Spencer)

GOOD. GRIEF. - 10 WAYS TO HEAL WITH LOVE AND KINDNESS (HARDBACK)



First Edition Design Publishing, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Good. Grief. 10 Ways to Heal with Love and Kindness is about the author s loss of her Father from Parkinson s, and ultimately in the end to lung cancer. This book depicts her personal ten-step journey to healing from the loss of a loved one. She shares her Father s wisdom, along with her own, as she inspires people on their own healing journey. This short book will help people take that first big step in life after loss, supported by wonderful, uplifting, and thought provoking quotes by some of our world s greatest teachers. Barbara Marquardt holds a Master s in Education in Community Health Education, and a graduate certificate in Gerontology. She is a Master Certified Health Education Specialist (MCHES), nationally certified by the National Commission for Health Education Credentialing, Inc. (NCHEC). Additionally, Barbara is certified in Wellness in Clinical Practice and is a Registered Yoga Teacher. Recently, she consulted for a digital health company where she supported product and marketing teams by creating health education content. In the yoga community, and in addition to teaching, she created program evaluation tools for workshops, trainings, and classes. Previously, she worked in nonprofit as a Grants Manager. Currently, Barbara is working one-on-one with people who have Parkinson s as well as their families. She is developing a holistic health and wellness program specifically for Parkinson s. She volunteers as the Editor of a Parkinson s newsletter and for local Parkinson s support groups. Keywords: Death, Grief, Bereavement, Self-Help, Parkinson s, Personal Growth, Wisdom, Love, Healing, Kindness.



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