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Personality & Bereavement: Weaving a Life

Gwendolyn Stevens Ph.D

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Using the metaphor of life as a web, Personality and Bereavement: Weaving a Life presents an original five-step process, WEAVE, to help you WEAVE a new lifes web. Unlike other bereavement books, Personality and Bereavement is holistic, addressing your emotional, physical, and spiritual pain. In addition, grounded in the work of Abraham Maslow and Carl Jung, Personality and Bereavement explains the impact of bereavement on every aspect of your life and how your personality shapes your grief-work. The first half of the book focuses on partner bereavement, the second half discusses other losses children, parents, siblings, thorny relationships, and pets.

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