



Grief Dreams: How They Help Us Heal After the Death of a Loved One

T. J. Wray, Ann Back Price

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A program for using dreams as a tool for healing loss

The universal experience of grief dreams can help us heal after the death of a loved one. T.J. Wray and Ann Back Price show how dreams can be uplifting, affirming, consoling, and inspiring. The authors guide readers in ways to understand and value their dreams, how to keep a grief dream journal, and how to use dreams as tools for healing and consolation. This book is designed to help mourners reclaim some measure of power in navigating the most difficult journey of their lives. And, because it is helpful for any type of loss, *Grief Dreams* is an ideal condolence gift.

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