



# Guide to Supporting a Griever: Without sticking your foot in your mouth

By Litsa Williams, Eleanor Haley

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## Guide to Supporting a Griever: Without sticking your foot in your mouth

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The authors of the 'What's Your Grief' blog bring you this practical and straight forward guide to supporting a grieving acquaintance, friend, or loved one after a death.

Using their typically candid style, Litsa Williams and Eleanor Haley help the reader the reframe their role from 'grief comforter' to 'grief supporter'; a shift they say must be made in order to meet the needs of the individual griever.

Throughout the book they will provide you with the guidance you need to anticipate a grievers needs and plan the most thoughtful support approach, covering topics such as:

What to Expect: The Grief Experience

Writing the Sympathy Card

Specific Words and Phrases for a Flower Card, Sympathy Card, or Letter

What to Send Instead of Flowers

What to Say to Someone after a Death

What Not to Say to Someone after a Death

How to Be a Good Listener

When Is Grief No Longer Normal?

Helping a Griever Get Help

Being There Long-term

Although the authors believe this book will prove invaluable in your quest to support a griever, they still invite you to e-mail them with any follow up questions and promise to respond in a swift manner.

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