



## First Steps Through Bereavement

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By Sue Mayfield

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, First Steps Through Bereavement, Sue Mayfield, 'First Steps' is a new series of short, affordable self-help guides on a range of key issues. In First Steps through Bereavement, Sue Mayfield provides practical and encouraging advice on coping with bereavement including how to get through the different stages of bereavement and how to express one's own feelings. Other titles in the First Steps series include Anxiety, Depression, Eating Disorders, Gambling and Problem Drinking.



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