



# Life After Loss: The Lessons of Grief

*Vamik D. Volkan, Elizabeth Zintl*

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How we cope with grief and come to terms with the death of a loved one shapes our world. In this comprehensive guide to the mourning process, Dr Volkan, a world-recognised authority on grief, shows how each mourning is as individualised as our fingerprints, encoded with our past history of losses. Anecdotal and compassionate, this is a profoundly moving and informative study of how grief and loss shape all our lives.

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