



# **Bendita pena: Sanar a través del dolor y la pérdida (Spanish Edition)**

*Deborah Morris Coryell*

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Una guía compasiva sobre la experiencia de pérdida como proceso esencial de crecimiento

- Examina el fenómeno de la pérdida como un hondo misterio que compartimos todos los seres humanos
- Ofrece consejos sensatos y prácticos sobre la experiencia del duelo y cómo prepararse para el proceso de recuperación que sigue a esa experiencia

En esta guía llena de compasión, Deborah Morris Coryell, experta en asuntos relacionados con el duelo, describe esta aflicción como una experiencia en la que carecemos de un lugar donde colocar nuestro amor. Nos recuerda que todas las pérdidas deben pasar por un proceso de duelo y que el hecho de prestar atención a toda experiencia de pérdida, por ínfima que sea, nos puede ayudar a ponernos en sintonía con nosotros mismos, pues nos da la oportunidad de integrarnos una vez más en el ritmo de la vida, del que nos hemos desconectado.

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