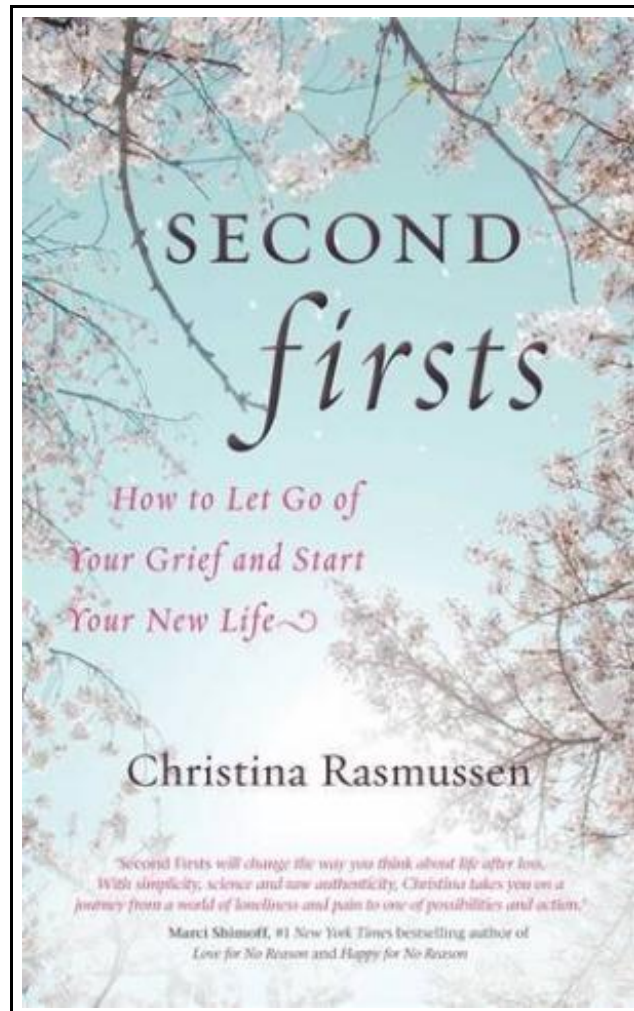


Second Firsts: How to Let Go of Your Grief and Start Your New Life



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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Second Firsts: How to Let Go of Your Grief and Start Your New Life, Christina Rasmussen, A total revision of the stages of grief, Christina Rasmussen's new book takes a radical approach to bereavement by using neuroscience to honour your past and consider your future positively. After studying to become a therapist and crisis intervention counsellor - even doing her master's thesis on the stages of bereavement - Christina Rasmussen thought she knew what grieving was. But it wasn't until losing her husband to cancer in her early 30s that she truly understood the depths of sorrow and pain that come with it. Using the knowledge she gained while wading through her own grieving process and researching hundreds of neuroscience books, Rasmussen began to look at these experiences in a new way. She realized that grieving plunges you into a gap between worlds - the world before trauma and the world after trauma. She also realized how easy it is to become lost in this gap. In Second Firsts, Rasmussen walks readers through a proven process that helps them break the spiral of pain and create a safe space for their post-grief life to enter. Her method, which she has used successfully online and offline with thousands of clients, is based on the science of neuroplasticity and focuses on consciously releasing pain in ways that both honour suffering and rewire the brain to experience the world in a new way. With understanding and empathy, Rasmussen uses practical exercises and stories drawn from her own life and the lives of her clients to guide readers through five stages of opening up to life. With this knowledge, readers can come out of grief as a new person and start to experience life...



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