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Recommending Reading

Lost Love (i.e., Divorce/LTR break up)

- 1. How Can I Get Through to You? By: Terrence Real
- 2. Return to Love by Marianne Williamson
- 3. Healing the Shame that Binds You by John Bradshaw
- 4. Keeping the Love you Find by Harville Hendrix PhD
- 5. <u>Divorce Poison</u> by Dr. Richard A Warshak

The above are counselor recommendations.

Loss of Parent

- 1. Healing After the Loss of Your Mother by Elaine Mallon
- 2. <u>Healing the Adult Child's Grieving Heart: 100 Practical Ideas After your Parent Dies</u> by Alan D Wolfelt PhD

I found these on my own. I have read #1 and it was excellent.