



# 101 Affirmations To Ease Your Grief Journey: Words of Comfort, Words of Hope

*Harriet Hodgson*

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## **101 Affirmations To Ease Your Grief Journey: Words of Comfort, Words of Hope** Harriet Hodgson

Grief is a painful, stressful experience. You wonder if you will make it to the next minute, let alone the next day. How can you lift your spirits? Reading this collection of affirmations is one way. Each affirmation is followed by a focus word or words. You may use these words for self-evaluation, support group discussions, meditation, or prayer. This bring-along resource include step-by-step instructions for affirmation-writing and a list of grief support organizations. This book is your grief companion, a gift for yourself, and others who mourn.

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