

# VITAL INFO



## ‘A JOURNEY THROUGH GRIEF ‘

This is a book published by Eric F Box Funeral Directors, written by Edward Box and Bereavement Counsellor Tracey Cusick.

Coping with grief is never easy. This book will help everyone faced with the death of a loved one or a friend to find a way to handle grief and emerge a stronger person, both in the short term and in his or her outlook to life.

The book aims to provide a basic understanding of why people grieve and to aid this process by offering an insight into the many mixed feelings and emotions that the bereaved may experience.

A Journey Through Grief is presented in a simple format, unlike the majority of bereavement books, which allows you to revert easily to themes and incidents that are relevant at a particular time.

The book is also invaluable for bereavement counsellors and students seeking to present information in a straightforward manner.

If you would like a copy of “A Journey Through Grief” please order below or send a cheque for £6.99 made payable to Eric F Box Funeral Directors Ltd and a mailing address to send the book and we will send a copy to you.

“...a useful resource with sound advice for people coping with bereavement.”  
Marie Curie Cancer Care