



Healing Grief through Meditation: A Guide to Spiritual Wellness for the Bereaved

Lora C Mercado

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Depression, anxiety and other issues are some of the most common problems that people must overcome when they are going through the stages of grief. These symptoms can last for weeks, months and even years. By practicing meditation, you can ease the emotions that are weighing you down so you can once again start living with a sense of peace.

Included in this guide is an overview of meditation and how it can benefit each stage of grief. You will also discover tips and techniques to make meditation easier and more comfortable. Also included is a guided meditation to get you started in the healing process.

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