

# *The* Grief Recovery *Handbook*

20<sup>TH</sup> ANNIVERSARY EXPANDED EDITION

*The Action Program for  
Moving Beyond Death, Divorce,  
and Other Losses,  
Including Health, Career, and Faith*

UPDATED

How Grief Recovery  
Addresses Trauma & PTSD

John W. James and Russell Friedman  
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*Authors of When Children Grieve*