



# Teens, Loss, and Grief: The Ultimate Teen Guide: It Happened to Me No. 8

*Edward Myers*

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Teens, Loss, and Grief is a self-help guide for teenagers who are struggling with bereavement and the emotional difficulties it presents. This book provides an overview of grief as a painful but normal process, offering insights from bereavement experts as well as practical suggestions for coping with loss, including accounts from teens. This book closes a gap in the available literature on grief and bereavement that has tended to focus on adults and younger children. It provides a warm, accessible resource that will reassure teen readers about the normality of grief, encourages their understanding of what happens during the grief process, and provides an indispensable resource guide.

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