

# (Book Online) Grief and Recovery: Yesterday Today Tomorrow by Lionel Sweeny

Grief and Recovery: Yesterday Today Tomorrow

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The book is structured around a unique model developed over four decades emphasizing the importance of comprehending Dying and Death as the initial stages of Grief. Then, it delves into the multifaceted experience of Grief, exploring the emotions and relationships associated with the profound sense of loss. The concept of Bereavement is examined, shedding light on the deep sorrow that follows the death of a loved one. A key innovation of the book lies in its exploration of the Past Grief State, examining the historical, relational, and emotional aspects that contribute to understanding the impact of one's grief. The Current State section reframes past and present experiences, culminating in a grief histogram - an insightful tool for self-reflection and understanding. The recovery process is grounded in a Completeness State, offering practical guidance and action plans to foster emotional healing and forward momentum. The principles of Dialogic Organization Development, Appreciative Intelligence, and Use Of Self O.D. uniquely inform the model, integrating these theories to address the impact of emotions and brain activity on the grieving process.

tags:


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