



Personality & Bereavement: Weaving a Life

Gwendolyn Stevens Ph.D

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Using the metaphor of life as a web, *Personality and Bereavement: Weaving a Life* presents an original five-step process, WEAVE, to help you WEAVE a new life's web. Unlike other bereavement books, *Personality and Bereavement* is holistic, addressing your emotional, physical, and spiritual pain. In addition, grounded in the work of Abraham Maslow and Carl Jung, *Personality and Bereavement* explains the impact of bereavement on every aspect of your life and how your personality shapes your grief-work. The first half of the book focuses on partner bereavement, the second half discusses other losses children, parents, siblings, thorny relationships, and pets.

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