

Grieving Mindfully A Compassionate And Spiritual Guide To Coping With Loss Sameet M Kumar

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Grieving Mindfully | NewHarbinger.com

Grief Rebound Would you listen to **Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss** again? Why? I listened to it 3 times already and will again. It's amazing and the author is so in touch with the reality of how individual the experience of grief is for each person and each loss.

[Amazon.co.uk:Customer reviews: Grieving Mindfully: A ...](#)

Drawing on his experience as a practicing psychologist and his training in the Buddhist enlightenment tradition, he suggests that instead of hiding from our grief, trying to forget or get over it, we take a more demanding and rewarding path—walking straight through grief with mindful awareness, fearless observance, and profound compassion.

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Grief elicits resilience. The capacity to continue to hold a loved one in our heart/mind while still forging forward with purpose and direction. Five Ways to Grieve Mindfully. 1. Accept your feelings: Allow yourself to feel what you feel at any given moment, with a sense of self-compassion, and without judgment. 2.

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I kind of expected grief books to just be “rainbows and butterflies” and cliches. I was pleasantly surprised by this book. Kumar explains in detail what it means to grieve mindfully, a concept that was foreign to me.

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Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss. By: Sameet M. Kumar PhD. Narrated by: Andrew Mulcare. Length: 5 hrs and 12 mins. Categories: Relationships, Parenting & Personal Development, Personal Development. 4.6 out of 5 stars. [Amazon.com: Customer reviews: Grieving Mindfully: A ...](#)

Grief is a personal journey, never the same for any two people and as unique as your life and your relationships. Although loss is an inevitable part of life, how you approach this fact can make the difference between meaningless pain and the manifestation of understanding and wisdom. This book describes a mindful approach to dealing with grief that can help you make that difference.

[Live Webcast - GRIEVING LOSS MINDFULLY & WITH SELF ...](#)

4.0 out of 5 stars *Grieving Mindfully - A wise and helpful guide to loss*. A helpful, practical, comforting guide allowing you to access your feelings of grief through meditation, writing, and other exercises. Written from a Buddhist perspective, its author invites you to engage with the emotion grief brings; not to fear it, but to gently observe it, and, in so doing, eventually to release it.

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Learn how to practice self-compassion and how to encourage our client's to become more compassionate with themselves, too. “Grieving mindfully introduces ancient and effective mindfulness practices and encourages us to use them to become more mindful of inner life as the grief process unfolds.” (J. Brantley, Director of Mindfulness Based Stress Reduction Program, 2005)

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Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss. Sameet M. Kumar PhD (Author), Andrew Mulcare (Narrator), Wetware Media (Publisher) £0.00 Start your free trial. £7.99/month after 30 days.

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Grieving mindfully can be understood as being consciously aware of the intense pain of love after loss. Awareness is allowing yourself to accept the pain of grief, not running away from your loss. Using your emotional vulnerability to toward your growth as a human being. Come in full contact with yourself and learn to ride the waves of grief.