



# El proceso de duelo: Perder, sufrir y seguir (Spanish Edition)

*Carmen Regina Victoria García-Viniegras, Jorge Grau Abalo, Eduardo Vargas Sandoval*

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El proceso de duelo. Perder, sufrir y seguir, se propone abordar un tema difícil relacionado con las pérdidas de seres queridos y la reacción ante ellas, de forma abierta, científica, humana y moralmente consecuente. Ha sido escrito para que esté al alcance de todo tipo de lector con fines educativos, tanto para los que están atravesando un duelo, como para los que ya hayan experimentado esta dolorosa experiencia o, incluso, para los profesionales de la salud que deben atender adecuadamente a estos dolientes, y que, como seres humanos que son, también han estado, están o estarán alguna vez en situaciones similares.

En la sociedad contemporánea no se nos enseña cómo perder, qué es natural sentir y por qué. A veces no queda claro que la pérdida debe ser reconocida, poco a poco aceptada y seguida de cambios que permitan nuevas perspectivas. El libro que se presenta es, justamente, un intento de aportar ideas en este tema, con algunas recomendaciones para afrontarla adecuadamente.

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