



## Good. Grief. - 10 Ways to Heal with Love and Kindness (Hardback)

By Barbara Marquardt

First Edition Design Publishing, 2016. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Good. Grief. 10 Ways to Heal with Love and Kindness is about the author s loss of her Father from Parkinson s, and ultimately in the end to lung cancer. This book depicts her personal ten-step journey to healing from the loss of a loved one. She shares her Father s wisdom, along with her own, as she inspires people on their own healing journey. This short book will help people take that first big step in life after loss, supported by wonderful, uplifting, and thought provoking quotes by some of our world s greatest teachers. Barbara Marquardt holds a Master s in Education in Community Health Education, and a graduate certificate in Gerontology. She is a Master Certified Health Education Specialist (MCHES), nationally certified by the National Commission for Health Education Credentialing, Inc. (NCHEC). Additionally, Barbara is certified in Wellness in Clinical Practice and is a Registered Yoga Teacher. Recently, she consulted for a digital health company where she supported product and marketing teams by creating health education content. In the yoga community, and in addition to teaching, she created...



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is the original version with black-and-white illustrations. JoJo is an active and happy 4-year old boy. 4-year old boys...