



# Smiling Through Your Tears: Anticipating Grief

*Harriet Hodgson*

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# Smiling Through Your Tears: Anticipating Grief

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## **Smiling Through Your Tears: Anticipating Grief** Harriet Hodgson

This is a self-help grief recovery book for anyone who is going through anticipatory grief - early grief before a death or dreaded event has occurred. It is packed with coping tips and, best of all, 114 Healing Steps, which lead the reader to his or her healing path.

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