



# Healing Your Grieving Soul: 100 Spiritual Practices for Mourners (Healing Your Grieving Heart series)

*Alan D. Wolfelt PhD*

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Following a helpful introduction about the role of spirituality in grief, this practical mourning guide suggests activities based on meditation, prayer, yoga, and contemplative solitude to help with feelings of despair. For mourners who suffer from anxiety, breathing exercises are recommended, and massage is suggested for those who experience fatigue. Each description of these practices offers a brief activity to try out before continuing to read.

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