

## The Art of Condolence: What to Write, What to Say, What to Do at a Time of Loss

Leonard M. Zunin M.D., Hilary Stanton Zunin

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Time and again we stumble for words and actions that will reflect our feelings of compassion and our desire to be of comfort. Based on the authors' extensive research, their workshops, and their professional experience, and filled with personal stories and anecdotes, this heartfelt, practical, and easily accessible resource covers the three most common areas of concern: "What can I write?" "What can I say?" and "What can I do?"

The authors address such issues as:

- Special circumstances -- sudden death, suicide, the death of a parent or child
- How to compose a letter of condolence -- including a variety of sample letters
- How to be of service -- from ideas for thoughtful gifts, to assisting with business affairs and funeral arrangements, to suggested ways of helping in the aftermath
- When more help is needed -- the benefits of grief therapy and support groups, with a listing of recommended reading and other resources



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