



# Healing After Divorce: 100 Practical Ideas for Kids (Healing Your Grieving Heart series)

*Alan D. Wolfelt PhD, Raelynn Maloney PhD*

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Focusing on the natural grief children endure when their parents divorce, this guide helps kids process the common feelings of shock, sadness, anger, guilt, and relief while highlighting their most vital need—love and support. The handbook helps children name and understand these strange new emotions and affirms that their thoughts and feelings are natural while teaching them the value of constructively expressing them. An assortment of suggested physical and verbal activities for mourning grief are also included.

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