



The Grief Recovery Method[®]



Grief Support 1 to 1

Is your heart: Broken? Lost? Stuck?

A powerful, dynamic, sensible and accessible programme that is genuinely for anyone willing to take the necessary actions to help themselves.

- Death
- Relationship
- Pet loss
- Job loss
- Loss of health
- Moving
- Any other loss

SINCE
1878
LJWB
POSITIVELY CHANGING LIVES

Please contact your local grief recovery specialists at LJWB

Why Wait? Call Now.
0113 2684211

Reg Charity Number: 1041257

www.ljwb.co.uk/grief-recovery

Are you suffering from a broken heart?

The Grief Recovery Method has been used effectively by hundreds of thousands of griever's all over the world.

The One to One Action Programme is exactly what it suggests - you working on your own recovery guided by an experience Certified Grief Recovery Specialist.

There is no need to wait - no matter how recent the loss The Grief Recovery Method can be used to complete the unfinished business generated by any loss and allow you, the griever,, to return to a full state of "aliveness".

Don't wait any longer. Time alone will not heal your broken heart.



www.griefrecoverymethod.co.uk



"Having the option of the one to one course was attractive to me as I felt I was likely to hold back from expressing my feelings, concerning the death of my wife, in a group scenario. It quickly became apparent to me that I was getting so much more from the sessions than if I had read the Grief Recovery Handbook by myself. Some two months after finishing the course I certainly feel it has been of great benefit to me."

The Grief Recovery Method Support programmes have been developed and refined over the past 30 years, they teach you how to recover from loss with supportive One to One guidance every step of the way.



Based on the Best Selling book by
John W James & Russell Friedman