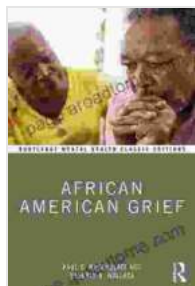


African American Grief: A Guide for Understanding and Healing

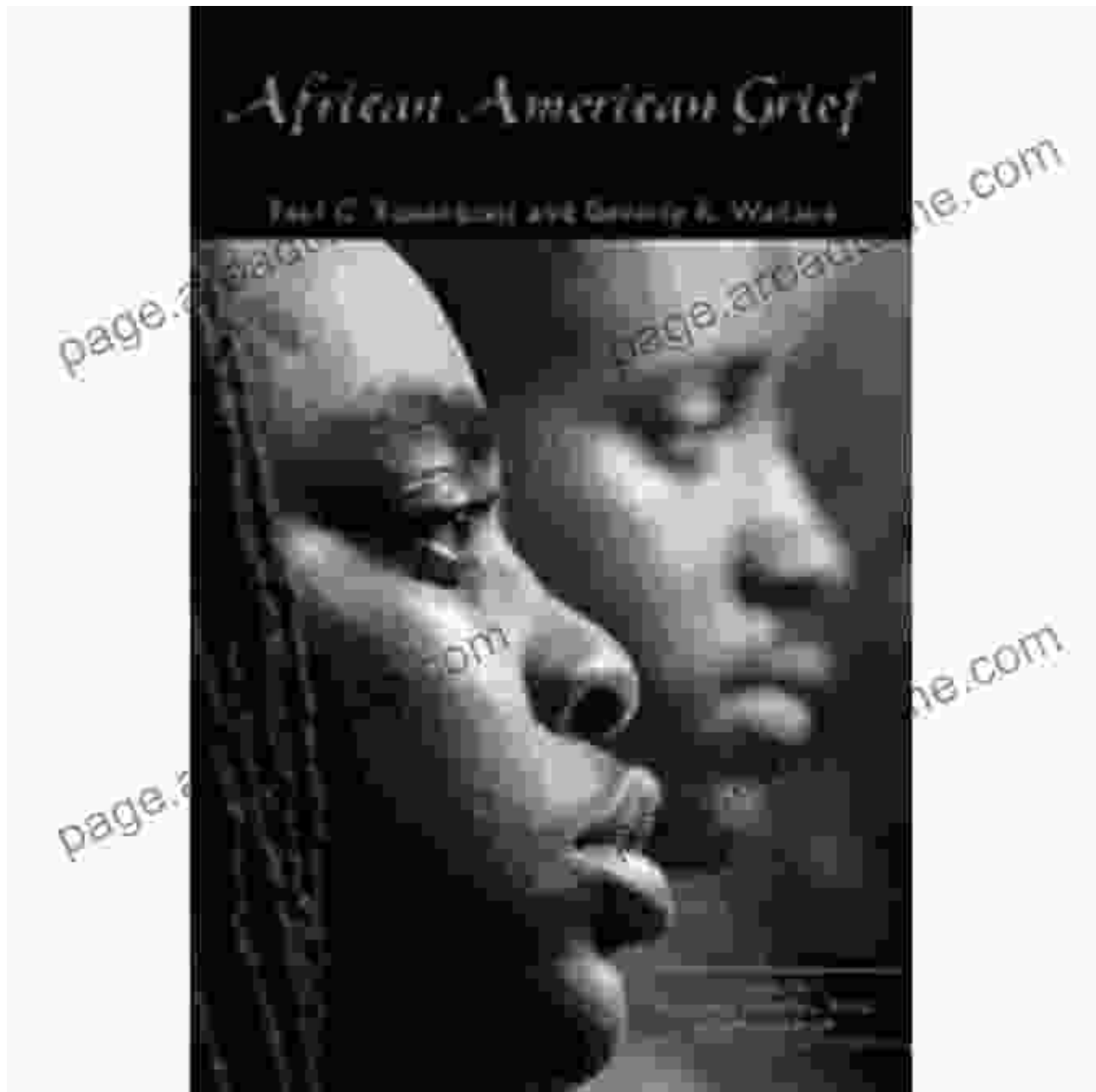


African American Grief (Routledge Mental Health Classic Editions) by Paul C. Rosenblatt

★★★★☆ 4.2 out of 5

Language : English
File size : 2399 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 224 pages





Book Review

In *African American Grief: A Guide for Understanding and Healing*, author Dr. Kenneth V. Hardy provides a comprehensive guide to understanding and coping with grief for African Americans. Drawing on research, personal experience, and cultural insights, Dr. Hardy offers a compassionate and

insightful guide to help African Americans navigate the complex emotions and challenges of grief.

The book is divided into five parts. Part One provides an introduction to grief and its unique impact on African Americans. Part Two explores the different types of losses that African Americans may experience, such as the loss of a loved one to death, violence, or discrimination. Part Three discusses the stages of grief and how they can be experienced differently by African Americans. Part Four offers coping strategies for dealing with grief, including self-care, therapy, and support groups. Part Five concludes with a look at the future of grief and its impact on African Americans.

African American Grief is a valuable resource for anyone who is grieving the loss of a loved one. Dr. Hardy provides a compassionate and insightful guide to help African Americans understand and cope with their grief. The book is well-written, informative, and accessible, and it offers a much-needed resource for African Americans who are grieving.

About the Author

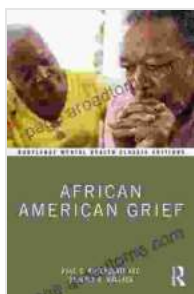
Dr. Kenneth V. Hardy is a clinical psychologist and grief counselor. He is the author of several books on grief and loss, including *African American Grief: A Guide for Understanding and Healing* and *The Bereaved Child: A Guide for Parents and Caregivers*. Dr. Hardy has appeared on numerous television and radio programs to discuss grief and loss, and he has lectured extensively on the topic. He is a past president of the Association for Death Education and Counseling and the National Black Psychologist Association. He is currently a clinical professor of psychiatry at the University of California, San Diego.

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To learn more about the book, visit the Routledge website.

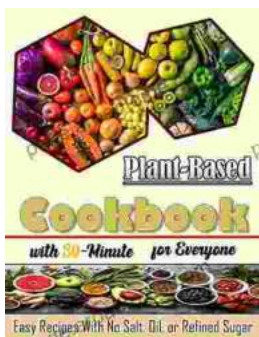
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