



Coping with Loss: A Workbook of Activities in Resolving the Dissonances of Grief for Teenagers

Joseph V. Palazzola

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Life is filled with many experiences that young people must cope with each day. One of the most severe situations they will encounter is the death or loss of a parent, relative, or close friend. To help teenagers cope with their grief, author Joseph V. Palazzola has written a workbook to help ease the pain and get youngsters through the seven stages of grief. By using various learning strategies that rely on making personal connections, participants can realize true understanding of the grieving process. Joe is a former educator who has taught in the public schools and at college level. His first wife died at a young age and he was left to raise their son, Chris, who was 15 at the untimely death of his mother. Joe and Chris never really dealt with the loss of their loved one together. They silently grieved alone. They were coping, but not addressing the issue of their mutual loss. Six years after the death of his mother, while a college student, Chris was killed in an industrial accident. Twenty years after the death of Chris, Joe has written a workbook that will help teenagers cope with the pain of losing a loved one. Joe realized how difficult it was for Chris, so he wrote this workbook of activities. He includes many strategies and concepts that he used in his teaching career and information he imparted to his graduate students. This book will help ease the hopelessness and despair in a healthy and logical way. A Detroit-area native, Joseph V. Palazzola has retired from teaching and now resides in Vero Beach, Florida. This is his third book. Publisher's website:
<http://sbpra.com/JosephVPalazzola>

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