



Healing After Job Loss: 100 Practical Ideas (Healing Your Grieving Heart series)

Alan D. Wolfelt, Kirby J. Duvall

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Full of practical, time-tested counsel, this handbook offers simple, useful tips and activities to counter the typically negative reactions to job loss, such as loss of self esteem, and explores thoughts and feelings with the goal of healing. Whether discussing situations when companies have been downsized or individuals have been fired, furloughed, or laid off, this guide provides a healthy way of dealing with often overwhelming feelings—of anger, anxiety, depression, and hopelessness—in a healthy, hopeful manner.

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