



# On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss

*David Kubler-Ross, Elisabeth Kessler*

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One of the most important psychological studies of the late twentieth century, *On Death and Dying* grew out of Dr. Elisabeth Kubler-Ross's famous interdisciplinary seminar on death, life and transition. In this remarkable book, Dr. Kubler-Ross first explores the now-famous stages of death: denial and isolation, anger, bargaining, depression and acceptance. Through sample interviews and conversations, she gives the reader a better understanding of how imminent death affects the patient, the professionals who serve that patient, and the patient's family, bringing hope to all who are involved. This new edition will include an introduction by Dr. Ira Byock, a prominent palliative care physician and the author of *Dying Well*.



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