

Acompañar en el duelo

Coping with Grief



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Structured as an interview, Adela explains in this book how she approaches terminally ill patients, tells the story of the death of her husband, the moment that she discovered the philosophy of doctor Elisabeth Kubler-Ross and how this gave her the strength to found the AVES association (Association of Volunteers for Recovering Patients). This association, a charity, is a recovery centre dedicated to helping people who have just lost a loved one or who are faced with a terminal disease. Using her personal experience gained from working with people who have suffered and overcome these terrible moments, Adela shares her reflections and what she has learned about what life is and what death means.

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