

The Realms Of Literary Healing



# Bibliotherapy Space

#SarawakReads  
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## Life at the End of the Tunnel: Coping with Loss & Grief



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BIBLIOTHERAPY SPACE,  
NEWSPAPER ROOM LEVEL 1



*"Grief is like the ocean. It comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim."*  
Vicky Harrison