



Honoring Grief: Creating a Space to Let Yourself Heal

Alexandra Kennedy

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If you know someone who has suffered loss and is experiencing grief, simply sending a card or flowers may seem insufficient. Many people are unsure how to comfort a friend or loved-one in times of loss. This special book is filled with inspirational wisdom, practical self-help for healing, and makes a meaningful and comforting gift.

Written by psychotherapist and grief expert Alexandra Kennedy, *Honoring Grief* provides powerful and compassionate advice for dealing with loss. Compatible with any religious or spiritual orientation, this book aims to help readers create a sanctuary—a special space where they are free to work through the difficult emotions that accompany grief.

The act of grieving can be overwhelming. That's why the self-help tips in this book are simple, brief, and effective—ideal for anyone suffering the emotionally and physically exhausting effects of grief.

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