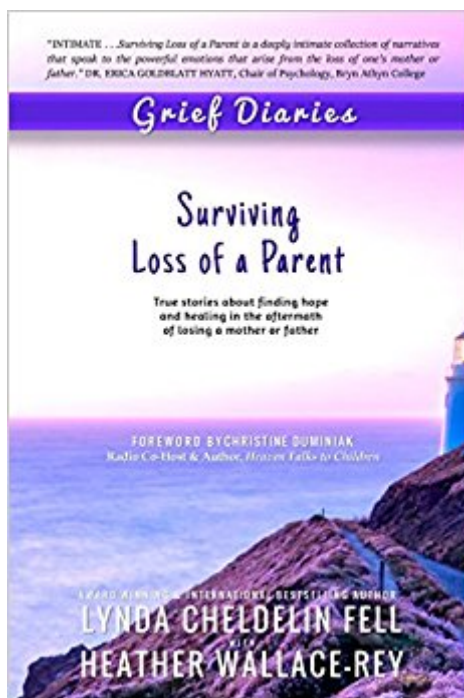


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# Grief Diaries: Loss Of A Parent



## Synopsis

Part of the Grief Diaries series dedicated to offering comfort, company and hope in the aftermath of life's challenges and losses, *Grief Diaries: Loss of a Parent* is a collection of intimate and candid narrations from different writers about their journey through losing a mother or father. In chapter one, each writer bravely penned the moment when their familiar lives disappeared along with their parent's last breath. The writers were then presented with intimate questions pertaining to their loss, and their responses are compiled within the individual chapters. These narrations are unabridged, as every voice is unique. But no matter the differences, the stories contained in each Grief Diaries book is a treasured reminder that none of us walk the journey alone. Welcome to the Grief Diaries village, where grief transcends all differences and unites us in the aftermath. Welcome, bereaved friend, to company, comfort and hope.

## Book Information

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## Customer Reviews

"DEEPLY INTIMATE . . . Loss of a Parent is a deeply intimate, authentic collection of narratives that speak to the powerful, often ambiguous, and wide spectrum of emotions that arise from the loss of one's mother or father. I so appreciate the vulnerability and truth embedded in these stories, which honor and bear witness to the many forms of bereavement that arise in the aftermath of parental death." DR. ERICA GOLDBLATT HYATT, Chair of Psychology, Bryn Athyn College

"MOVING.... We learn from stories throughout life. In *Grief Diaries: Loss of a Parent* the stories are not only moving but often provide a rich background for any mourner to find a gem

of insight that can be used in coping with loss. Reread each story with pen in hand and you will find many that are just right for you." Louis LaGrand, Ph.D. Author of *Healing Grief, Finding Peace* "STUNNING . . . Grief Diaries treats the reader to a rare combination of candor and fragility through the eyes of the bereaved. Delving into the deepest recesses of the heartbroken, the reader easily identifies with the diverse collection of stories and richly colored threads of profound love that create a stunning read full of comfort and hope." -DR. GLORIA HORSLEY, Founder & President of Open to Hope Foundation "STUNNING . . . Grief Diaries treats the reader to a rare combination of candor and fragility through the eyes of the bereaved. Delving into the deepest recesses of the heartbroken, the reader easily identifies with the diverse collection of stories and richly colored threads of profound love that create a stunning read full of comfort and hope." -DR. GLORIA HORSLEY, Founder & President of Open to Hope Foundation "INCREDIBLE . . . Thank you so much for doing this project. it's absolutely incredible!" -JULIE MJELVE, Founder, Grieving Together "MOVING . . . We learn from stories throughout life. In *Grief Diaries: Loss of a Parent* the stories are not only moving but often provide a rich background for any mourner to find a gem of insight that can be used in coping with loss. Reread each story with pen in hand and you will find many that are just right for you." LOUIS LAGRAN, Ph.D, Author of *Healing Grief, Finding Peace*

Whether one loses a parent in the natural order of life, or it occurs much earlier than expected, the emotional aftermath can take our breath away. The journey is sometimes a tumultuous one that challenges our fears, familial relations, and even our sense of self. While each loss is as unique as one's own fingerprint, and grief tools aren't one-size-fits-all, it's important to know you are not alone. This book is like your own portable support group, open 24/7. It offers an intimate collection of stories by people around the world who have all walked in your shoes. Consider this book one of your bereavement tools, and pull it out whenever you need. For no matter the age, the circumstance, or number of days since your parent passed, the stories contained within this book offer company, comfort and hope, and are a treasured reminder that none of us walk this journey alone.

Highly recommended these series of books. They are written by real people that have dealt with these problems firsthand. This is for anyone who has lost a parent or may be helping someone going through this journey.

Grief is such a difficult topic yet the writers in this book are so unbelievably brave to tell their

individual stories. Each chapter gives the reader insight into what they were thinking and feeling during such a difficult and painful time in their lives. The stories are inspirational, heartfelt and hopeful. Every person who has grieved the loss of a parent but feels alone needs to read these stories so they don't feel so isolated. This is a must read for anyone who has lost a parent. Thank you Grief Diaries for bringing this difficult topic as well the others in this important anthology into our homes and hearts.

This entire series in the Grief Diaries Anthology brings the topic of grief out of the darkness and into the light. The power of the collective writers together is phenomenal! This is a must read for any professional who works with someone who is suffering from the loss of a parent. I believe it will prove to be a great gift to those in the thralls of the grief journey, which will allow them to know they are not alone and there are people and an entire community here that understands. Grief is isolating and scary and these books are a supportive friend that is there when they are needed and also will link the reader to many people and resources in the grief community.

This entire series in the Grief Diaries Anthology brings the topic of grief out of the darkness and into the light. The power of the collective writers together is phenomenal! This is a must read for any professional who works with someone who is suffering after a profound loss. I believe it will prove to be a great gift to those in the thralls of the grief journey, to allow them to know they are not alone and there are people and a community here that understands. Grief is isolating and scary and these books are a supportive friend that is there when they are needed and also will link the reader to many people in the grief community.

The Grief Diaries Anthology provides a glimpse into the hearts of those on the darkest journeys of their lives. The candid, sometimes painful, responses are incredibly authentic, and provide a glimpse into a shattered heart and its healing process. This insight is a valuable resource, whether you are just beginning this journey or are a "seasoned veteran" on this road to healing or are a family member or professional attempting to provide loving support to a soul wounded by grief. The contributors' bravery in sharing their stories is heart-warming and a loving gift to those grieving loss on any level.

Another wonderful Grief Diaries book that addresses something that most people have to face at some point in their lives. The stories make you feel that you are not alone in what you feel and how

you grieve your loss

Grief Diaries - Loss of a Parent is part of the Grief Diaries Anthology Series. I shared my own personal journey as a contributor to Loss of a Parent and became part of a beautiful community sharing stories of love, loss, pain and hope. Each story is intimate, unique and beautiful in its own way guiding you through the emotions of grief and helping you realise "We are not alone". Judy Taylor

The Grief Diaries Anthology provides a glimpse into the hearts of those on the darkest journeys of their lives. The candid, sometimes painful, responses are incredibly authentic, and provide a glimpse into a shattered heart and its healing process. This insight is a valuable resource, whether you are just beginning this journey or are a seasoned veteran on this road to healing or are a family member or professional attempting to provide loving support to a soul wounded by grief. The contributors' bravery in sharing their stories is heart-warming and a loving gift to those grieving loss on any level.

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