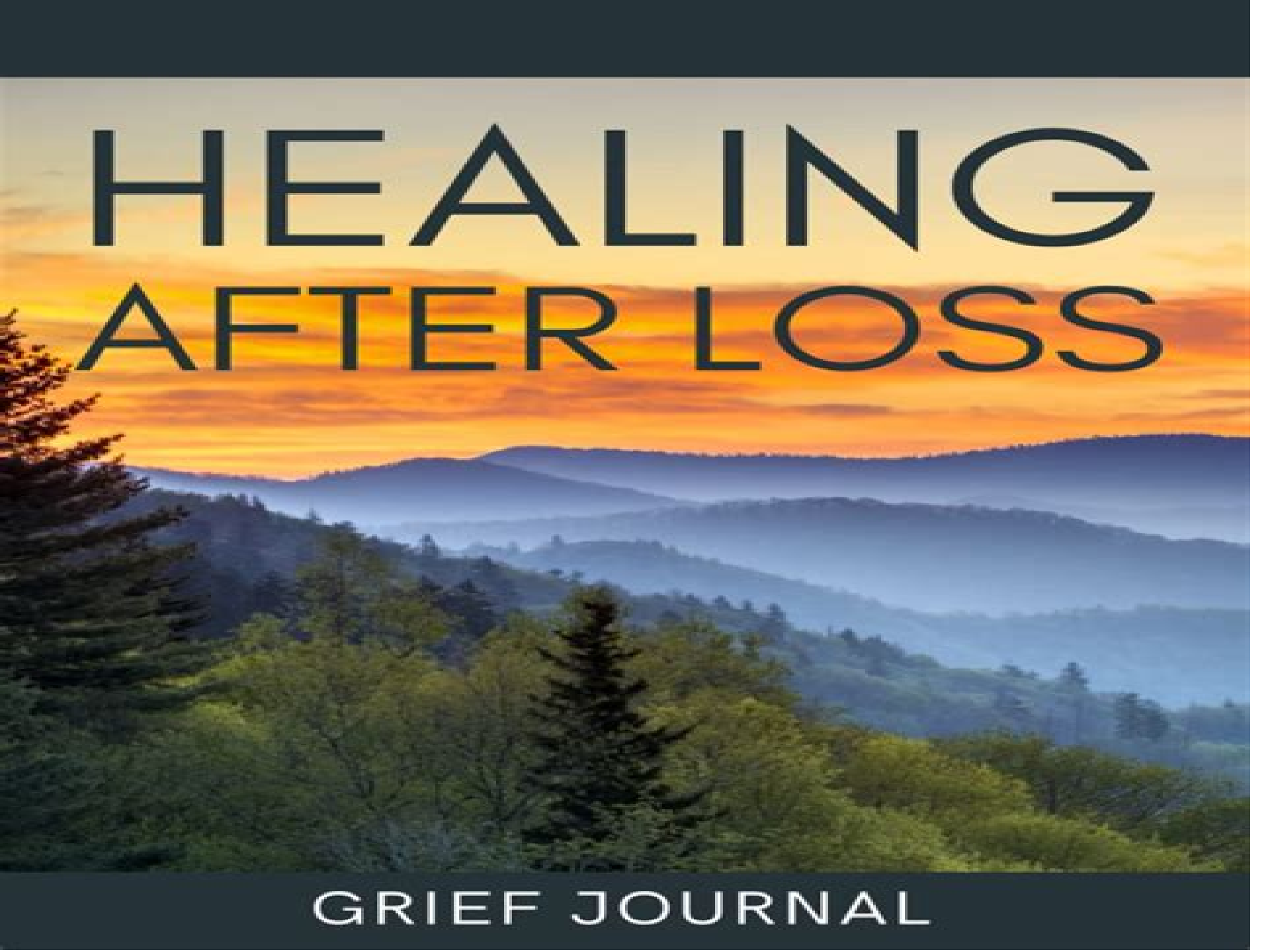




HEALING AFTER LOSS

GRIEF JOURNAL

Healing After Loss A Daily Journal For Working Through Grief

Life After Loss Publishing



Healing After Loss A Daily Journal For Working Through Grief:

Healing After Loss Martha W. Hickman, 2009-06-09 The classic guide for dealing with grief and loss Daily reflections to find solace in our own lives and comfort in the connection of sharing these meditations with countless others After the focus on planning and outpouring of love from family and friends in the immediate aftermath following the loss of a loved one we are left to enter a new version of our lives where someone important is missing For days months years the pain of the loss can crash in all at once It is tempting to push that wave of grief back and soldier on with our new lives but the loss will never lose its controlling power if we don't find the courage and love to face it Meditating on the loss along with the rush of love that comes with it gives us a chance to rejoice in the life that was shared and to look forward in which memories of our loved ones continue to bless us The short poignant meditations given here follow the course of the year but it is not a necessity to follow them chronologically They will strengthen inspire and give comfort for as long as they are needed

Taking it Day by Day - A Grief Journal Life After Loss Publishing, 2019-11-03 Taking it day by day A Grief Journal is a bereavement diary with daily writing prompts and space for remembrance to help you move through life after loss After losing someone special it's like a piece of you is missing The world seems to move a little slower and everything seems a little less bright Days and nights are filled with memories and questions pop up which only they could answer There are the parts of your day you wish you could share with them and then there's the I love you's you wish you could tell them just one more time Work through your grief and sorrow with this daily journal that prompts you to make sense of all those jumbled thoughts and memories as they flood in Note down your mood and energy levels share your day and speak to your special person just like you would before It'll never be the same but it may just help you find a new kind of normal Inside the journal pages of Taking it day by day you'll find REMEMBRANCE PAGES Four lined pages and four blank pages for remembering your special someone and adding in photos or sketches DAILY PROMPT PAGES A two page spread for each day use these undated pages to write down the memories that pop up to share your day with them and to note down all the questions you wish you could ask ENERGY MOOD TRACKING Quickly note down your mood and energy levels LINED PAGES Each day there's a whole page just for you to write freely CONVENIENT SIZE This paperback journal is a handy 6 x 9 size with 110 pages including 50 undated daily spreads It comes perfect bound with high quality 60GSM crisp white paper ELEGANT SIMPLE DESIGN A classic pink and orange watercolor design featuring wraparound artwork on a 220GSM soft cover notebook with an elegant matte finish There's no right or wrong way to experience grief It's unpredictable and messy and can seem to go on forever Some days you seem to do ok other days it's almost unbearable But getting it all out on paper does help Taking it day by day is the perfect companion or gift for anyone grieving the loss of someone special Start your healing journey today Taking it day by day is also available as a plain lined notebook and a blank sketchbook complete your set with all three designs Alternative cover designs also available through our Author Book Hub

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Publishing,2019-11-03 Taking it day by day A Grief Notebook is a simple lined bereavement journal for writing and sketching to help you move through life after loss Intended as a companion to Taking it day by day A Grief Journal a daily grief journal with prompts and Taking it day by day A Grief Sketchbook a blank visual diary for drawing After losing someone special it s like a piece of you is missing The world seems to move a little slower and everything seems a little less bright Days and nights are filled with memories and questions pop up which only they could answer There are the parts of your day you wish you could share with them and then there s the I love you s you wish you could tell them just one more time Work through your grief and sorrow by expressing thoughts memories and feelings through journaling it can be of tremendous help for healing Taking it day by day A Grief Notebook features LINED PAGES Over 100 simple lined pages for you to write freely CONVENIENT SIZE This paperback journal is a handy 6 x 9 size perfect for throwing in the handbag or backpack It comes perfect bound with high quality 60GSM crisp white paper ELEGANT SIMPLE DESIGN A classic pink and orange watercolor design featuring wraparound artwork on a 220GSM soft cover notebook with an elegant matte finish There s no right or wrong way to experience grief It s unpredictable and messy and can seem to go on forever Some days you seem to do ok other days it s almost unbearable But getting it all out on paper does help Taking it day by day is the perfect companion or gift for anyone grieving the loss of someone special Start your healing journey today Taking it day by day is also available as a daily prompt journal and a blank sketchbook complete your set with all three designs Alternative cover designs available also through our Author Book Hub **You'll Always Be My Sunshine - a Grief Journal** Life After Loss

Publishing,2019-11-09 You ll always be my sunshine A Grief Journal is a bereavement diary with daily writing prompts and space for remembrance to help you move through life after loss After losing someone special it s like a piece of you is missing The world seems to move a little slower and everything seems a little less bright Days and nights are filled with memories and questions pop up which only they could answer There are the parts of your day you wish you could share with them and then there s the I love you s you wish you could tell them just one more time Work through your grief and sorrow with this daily journal that prompts you to make sense of all those jumbled thoughts and memories as they flood in Note down your mood and energy levels share your day and speak to your special person just like you would before It ll never be the same but it may just help you find a new kind of normal Inside these journal pages you ll find REMEMBRANCE PAGES Four lined pages and four blank pages for remembering your special someone and adding in photos or sketches DAILY PROMPT PAGES A two page spread for each day use these undated pages to write down the memories that pop up to share your day with them and to note down all the questions you wish you could ask ENERGY MOOD TRACKING Quickly note down your mood and energy levels LINED PAGES Each day there s a whole page just for you to write freely CONVENIENT SIZE This paperback journal is a handy 6 x 9 size with 110 pages including 50 undated daily spreads It comes perfect bound with high quality 60GSM crisp white paper FUN QUIRKY DESIGN A playful graphic sunburst design on a 220GSM soft cover notebook

with an elegant matte finish Small flourishes of the external design are included throughout the interior as a subtle black and white design feature There s no right or wrong way to experience grief It s unpredictable and messy and can seem to go on forever Some days you seem to do ok other days it s almost unbearable But getting it all out on paper does help You ll always be my sunshine is the perfect companion or gift for anyone grieving the loss of someone special Start your healing journey today You ll always be my sunshine is also available as a plain lined notebook and a blank sketchbook complete your set with all three designs Alternative cover designs also available through our Author Book Hub [Grief Journal](#) Forever in Heart Publishing,2021-09-28 A practical daily prompt and writing workbook to help you deal with grief and loss Insightful journal writing prompts and exercises that will teach you new ways to move forward in your healing process This a guided gentle and insightful journal that will help you understand your emotions and uncover the therapeutic purpose of grief so that you can get to the place where you can live with the loss in a healthy way STAGES OF GRIEF There are 5 stages of grief denial and isolation anger bargaining depression and acceptance and this journal will help you heal and navigate through these stages PROVEN PROCESS This grief journal gives you a safe and judgment free place to explore your jumbled thoughts and feelings while allowing you to recover at your own pace A book of simple practices and daily guidance for living with loss TIME TO HEAL Daily positive quotes and affirmations to create the foundation for healing to occur Space to write and reflect on the loss and remembrance to renew your spirit Grief is a powerful emotional and physical reaction to the loss of someone or something GRAB YOUR COPY TODAY **Grief Sucks - A Grief Journal** Life After Loss Publishing,2019-11-10 Grief Sucks A Grief Journal is a bereavement diary with daily writing prompts and space for remembrance to help you move through life after loss After losing someone special it s like a piece of you is missing The world seems to move a little slower and everything seems a little less bright Days and nights are filled with memories and questions pop up which only they could answer There are the parts of your day you wish you could share with them and then there s the I love you s you wish you could tell them just one more time Work through your grief and sorrow with this daily journal that prompts you to make sense of all those jumbled thoughts and memories as they flood in Note down your mood and energy levels share your day and speak to your special person just like you would before It ll never be the same but it may just help you find a new kind of normal Inside this guided journal you ll find REMEMBRANCE PAGES Four lined pages and four blank pages for remembering your special someone and adding in photos or sketches DAILY PROMPT PAGES A two page spread for each day use these undated pages to write down the memories that pop up to share your day with them and to note down all the questions you wish you could ask ENERGY MOOD TRACKING Quickly note down your mood and energy levels LINED PAGES Each day there s a whole page just for you to write freely CONVENIENT SIZE This paperback journal is a handy 6 x 9 size with 110 pages including 50 undated daily spreads It comes perfect bound with high quality 60GSM crisp white paper MODERN ABSTRACT DESIGN A quirky neon geometric design featuring wraparound artwork on a 220GSM soft cover

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You'll Always be My Sunshine - A Grief Notebook Life After Loss Publishing,2019-11-09 You ll always be my sunshine A Grief Notebook is a simple lined bereavement journal for writing and sketching to help you move through life after loss Intended as a companion to You ll always be my sunshine A Grief Journal a daily grief journal with prompts and You ll always be my sunshine A Grief Sketchbook a blank visual diary for drawing After losing someone special it s like a piece of you is missing The world seems to move a little slower and everything seems a little less bright Days and nights are filled with memories and questions pop up which only they could answer There are the parts of your day you wish you could share with them and then there s the I love you s you wish you could tell them just one more time Work through your grief and sorrow by expressing thoughts memories and feelings through journaling it can be of tremendous help for healing You ll always be my sunshine A Grief Notebook features LINED PAGES Over 100 simple lined pages for you to write freely CONVENIENT SIZE This paperback journal is a handy 6 x 9 size perfect for throwing in the handbag or backpack It comes perfect bound with high quality 60GSM crisp white paper FUN QUIRKY DESIGN A playful graphic sunburst design on a 220GSM soft cover notebook with an elegant matte finish Small flourishes of the external design are included throughout the interior as a subtle black and white design feature There s no right or wrong way to experience grief It s unpredictable and messy and can seem to go on forever Some days you seem to do ok other days it s almost unbearable But getting it all out on paper does help You ll always be my sunshine is the perfect companion or gift for anyone grieving the loss of someone special Start your healing journey today You ll always be my sunshine is also available as a daily prompt journal and a blank sketchbook complete your set with all three designs Alternative cover designs also available through our Author Book Hub

One Day at a Time - a Grief Journal Life After Loss Publishing,2019-11-02 One Day at a Time A Grief Journal is a bereavement diary with daily writing prompts and space for remembrance to help you move through life after loss After losing someone special it s like a piece of you is missing The world seems to move a little slower and everything seems a little less bright Days and nights are filled with memories and questions pop up which only they could answer There are the parts of your day you wish you could share with them and then there s the I love you s you wish you could tell them just one more time Work through your grief and sorrow with this daily journal that prompts you to make sense of all those jumbled thoughts and memories as they flood in Note down your mood and energy levels share your day and speak to your special person just like you would before It ll never be the same but it may just help you find a new kind of normal Inside the journal pages of One Day at a Time you ll find REMEMBRANCE PAGES Four 4 lined pages and four

blank pages for remembering your special someone and adding in photos or sketches DAILY PROMPT PAGES A two page spread for each day use these undated pages to write down the memories that pop up to share your day with them and to note down all the questions you wish you could ask ENERGY MOOD TRACKING Quickly note down your mood and energy levels LINED PAGES Each day there s a whole page just for you to write freely CONVENIENT SIZE This paperback journal is a handy 6 x 9 size with 110 pages including 50 undated daily spreads It comes perfect bound with high quality 60GSM crisp white paper ELEGANT SIMPLE DESIGN A classic floral watercolor design featuring wraparound artwork on a 220GSM soft cover notebook with an elegant matte finish Small flourishes of the external design are included throughout the interior as a subtle black and white design feature There s no right or wrong way to experience grief It s unpredictable and messy and can seem to go on forever Some days you seem to do ok other days it s almost unbearable But getting it all out on paper does help One Day at a Time is the perfect companion or gift for anyone grieving the loss of someone special Start your healing journey today One Day at a Time is also available as a plain lined notebook and a blank sketchbook complete your set with all three designs Alternative cover designs also available through our Author Book Hub

The Impact of Cody Lehe Jim Cooley, 2014-09-11 Over one million young men and women play high school football in the United States each year Many of these athletes will be diagnosed with a concussion Others may suffer from a concussion but are not aware or do not report it The story of Cody Lehe is a cautionary tale of the dangers of playing with concussive symptoms Written from the perspective of his physical therapist The Impact of Cody Lehe examines Cody s injury in an Indiana high school football game Following only minor contact in practice four days later a cascade of chemical events inside Cody s brain altered Cody s life forever This insightful story offers a look into the sacrifices that Cody s family has made to help him adapt to his new life after injury It also displays Cody s determination and sense of humor as he struggles to stand transfer walk and especially carve out a new identity for himself Cody s story is inspiring and educational The goal of this story and of the Lehe family is to raise concussion awareness so that athletes can continue to safely play the sports that Cody loves Cody s warning to every young athlete is If you ever have a headache or other symptom in a game or practice sit out Bub right now or you are going to regret it Net Proceeds from the sale of this book will help fund concussion education and research in honor of Cody Lehe Cover Graphics Credit Christine Dahlenburg of Christine s Photography Reynolds Indiana

Seasons of Hope Journal Two M. Donna MacLeod, 2023-12-01 Seasons of Hope offers unique grief support for Catholics that focuses on the spiritual side of grieving the death of a loved one and invites individuals to meet Christ through scripture prayer reflection and simple activities that offer comfort and help foster healing and spiritual growth The program contains four journals that can be used by individuals for spiritual reflection or prayer or by parish small faith sharing groups for those who are mourning the death of a loved one and the Seasons of Hope Leader s Guide You can start the series with any of the four journals The journals originally published in 2007 have been revised with a new introduction and updated resource listings The journals also

include Bible references reflections faith sharing questions prayers and space for writing Each journal covers a unique standalone season of six sessions that have their own theme Journal Two themes include seeking consolation stumbling blocks living hope the Cross do not be afraid Seasons of Hope Journal Four M. Donna MacLeod,2023-12-01 Seasons of Hope offers unique grief support for Catholics that focuses on the spiritual side of grieving the death of a loved one and invites individuals to meet Christ through scripture prayer reflection and simple activities that offer comfort and help foster healing and spiritual growth The program contains four journals that can be used by individuals for spiritual reflection or prayer or by parish small faith sharing groups for those who are mourning the death of a loved one and the Seasons of Hope Leader s Guide You can start the series with any of the four journals The journals originally published in 2007 have been revised with a new introduction and updated resource listings The journals also include Bible references reflections faith sharing questions prayers and space for writing Each journal covers a unique standalone season of six sessions that have their own theme Journal Four themes include last encounter the Garden of Gethsemane Crown of Thorns gift of caring Golgotha be my witnesses **Seasons of Hope Journal Three** M. Donna MacLeod,2023-12-01 Seasons of Hope offers unique grief support for Catholics that focuses on the spiritual side of grieving the death of a loved one and invites individuals to meet Christ through scripture prayer reflection and simple activities that offer comfort and help foster healing and spiritual growth The program contains four journals that can be used by individuals for spiritual reflection or prayer or by parish small faith sharing groups for those who are mourning the death of a loved one and the Seasons of Hope Leader s Guide You can start the series with any of the four journals The journals originally published in 2007 have been revised with a new introduction and updated resource listings The journals also include Bible references reflections faith sharing questions prayers and space for writing Each journal covers a unique standalone season of six sessions that have their own theme Journal Three themes include knock and the door shall be opened our infirmities blinders to faith his wounds do not weep **Grief Journal Embracing Memories of the Loved** Dr. Samuel Shamaun ,2024-04-03 Grief Journal Embracing Memories of the Loved is a poignant and heartfelt exploration of the grieving process through the medium of journaling Authored with sensitivity and empathy this book serves as a companion for those navigating the complex emotions that arise after the loss of a loved one Within its pages readers will find gentle prompts and exercises designed to encourage reflection expression and healing Each entry provides a safe space for individuals to articulate their thoughts feelings and memories as they journey through grief From writing about cherished moments shared with the departed to acknowledging the pain of loss this journal offers a therapeutic outlet for processing emotions and honoring the legacy of those who have passed Structured to guide readers through different stages of grief Grief Journal Embracing Memories of the Loved recognizes that healing is a nonlinear process It encourages individuals to embrace their emotions with compassion and self care fostering resilience and growth in the face of loss More than just a blank notebook this journal is a supportive resource for anyone

grappling with bereavement It acknowledges the uniqueness of each person s grief experience while providing gentle guidance and encouragement along the path toward healing and acceptance Through its pages readers are invited to honor their loved ones legacies and find solace in the beauty of shared memories *The SURVIVING GRIEF Workbook: Exercises For Working Through Grief* Gary Sturgis,2025-04-18 Grief specialist and author Gary Sturgis has spent years working with thousands of people experiencing the painful journey through grief and loss He understands from his own experiences how difficult it is to lose a piece of your heart but knows that there is a way through grief to a place of healing In this workbook he shares with you how to find your way through the maze of emotions to a place of peace There are no rules for how to process grief or directions for how to go through it That s why this workbook is designed to help you understand your emotions at your own pace and in the way that feels right for you Through gentle but insightful information and practical exercises you ll learn new ways to carry memories lessons and love in your heart as you move forward on your healing journey In this companion workbook to Gary s bestselling book SURVIVING GRIEF 365 DAYS A YEAR you ll come to understand through your own unique and personal experience with grief that you can work through the hurt and learn to live your life with more love than pain Written with Gary s compassionate sensitive and caring voice The SURVIVING GRIEF Workbook provides a roadmap for your grief while reminding you that there s no right or wrong way to grieve This workbook is filled with heartfelt guidance coping skills and the tools you ll need to help guide you on your path to healing Trying to Find a New Kind of Normal - A Grief Journal Life After Loss Publishing,2019-11-10 Trying to find a new kind of normal A Grief Journal is a bereavement diary with daily writing prompts and space for remembrance to help you move through life after loss After losing someone special it s like a piece of you is missing The world seems to move a little slower and everything seems a little less bright Days and nights are filled with memories and questions pop up which only they could answer There are the parts of your day you wish you could share with them and then there s the I love you s you wish you could tell them just one more time Work through your grief and sorrow with this daily journal that prompts you to make sense of all those jumbled thoughts and memories as they flood in Note down your mood and energy levels share your day and speak to your special person just like you would before It ll never be the same but it may just help you find a new kind of normal Inside this guided journal you ll find REMEMBRANCE PAGES Four lined pages and four blank pages for remembering your special someone and adding in photos or sketches DAILY PROMPT PAGES A two page spread for each day use these undated pages to write down the memories that pop up to share your day with them and to note down all the questions you wish you could ask ENERGY MOOD TRACKING Quickly note down your mood and energy levels LINED PAGES Each day there s a whole page just for you to write freely CONVENIENT SIZE This paperback journal is a handy 6 x 9 size with 110 pages including 50 undated daily spreads It comes perfect bound with high quality 60GSM crisp white paper PLAYFUL QUIRKY DESIGN A cute heart design on a 220GSM soft cover notebook with an elegant matte finish Small flourishes of the external design are

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A Good Friend for Bad Times Deborah E. Bowen,Susan L. Strickler, When watching a friend or loved one grieve a loss you certainly want to help But how exactly can you help In what manner With which tasks In *A Good Friend for Bad Times* grief counselors Deborah Bowen and Susan Strickler offer advice and concrete suggestions for helping a friend throughout the grief experience A remarkably practical resource this book first grounds you with an understanding of normal responses to grief then offers insight for expressing sympathy and emotional support In subsequent chapters the authors give specific suggestions for both what to do and what not to do when providing assistance all through your friend s grief journey when anticipating a loved one s death immediately after that death and in the months and years beyond In addition this book relates how you can be supportive when the death involved particular circumstances such as Alzheimer s disease cancer

AIDS suicide or the death of a child Special chapters advise how to comfort a friend whose loved one died in a catastrophic event how to acknowledge your friend's grief on holidays birthdays and anniversaries and how to reassure and console young children In short this hands on guidebook will help you act on your impulse to be a good friend in bad times Book jacket

Opening to Grief Claire Willis, Marnie Crawford Samuelson, 2025-09-12 The book helps you meet loss on its own terms not as a problem to be solved but as a sign of deep love Megan Devine author of *It's OK That You're Not OK* All of us experience loss Some of us have lost a spouse or a child our parents a beloved pet a dear friend or neighbor In the pandemic we have lost hundreds of thousands of lives in the United States and around the world Many of us have lost our livelihoods All of us have lost our familiar daily routines and textures of work family and community And the losses are not over Opening to Grief is a companion to this tender time With the demeanor and tone of a loving friend the authors offer an invitation to grieve fully to turn toward your emotions and experiences however they arise and to follow your own path toward healing The book explores the deep truth that grief and love are richly intertwined Because we love we grieve And when we fully feel our sorrow we open to loving ourselves and other beings more deeply Wish You Were Here - A Grief Journal Life After Loss Publishing, 2019-11-10 Wish you were here A Grief Journal is a bereavement diary with daily writing prompts and space for remembrance to help you move through life after loss After losing someone special it's like a piece of you is missing The world seems to move a little slower and everything seems a little less bright Days and nights are filled with memories and questions pop up which only they could answer There are the parts of your day you wish you could share with them and then there's the I love you's you wish you could tell them just one more time Work through your grief and sorrow with this daily journal that prompts you to make sense of all those jumbled thoughts and memories as they flood in Note down your mood and energy levels share your day and speak to your special person just like you would before It'll never be the same but it may just help you find a new kind of normal Inside this guided journal you'll find REMEMBRANCE PAGES Four lined pages and four blank pages for remembering your special someone and adding in photos or sketches DAILY PROMPT PAGES A two page spread for each day use these undated pages to write down the memories that pop up to share your day with them and to note down all the questions you wish you could ask ENERGY MOOD TRACKING Quickly note down your mood and energy levels LINED PAGES Each day there's a whole page just for you to write freely CONVENIENT SIZE This paperback journal is a handy 6 x 9 size with 110 pages including 50 undated daily spreads It comes perfect bound with high quality 60GSM crisp white paper PLAYFUL QUIRKY DESIGN An illustrated design featuring wraparound artwork on a 220GSM soft cover notebook with an elegant matte finish There's no right or wrong way to experience grief It's unpredictable and messy and can seem to go on forever Some days you seem to do ok other days it's almost unbearable But getting it all out on paper does help Wish you were here is the perfect companion or gift for anyone grieving the loss of someone special Start your healing journey today Wish you were here is also available as a plain lined notebook and a blank sketchbook complete your set with

all three designs Alternative cover designs also available through our Author Book Hub [Healing After Loss](#) Healing Journals, 2019-10-19 Healing After Loss This grieving book journal is for someone who has suffered the loss of a best friend Free write your inner thoughts after your daily meditations as you work through the process of grief and healing in Loving Memory of your best friend Add to cart now This journal is a great way to free write and express your undeniable memorable moments with your loved one or just free write your inner thoughts as you mourn your loved one Features Lined journal pages Numbered pages Product Description 6X9 100 lined Pages Uniquely designed matte cover Heavy paper We have lots of journals So be sure to checkout our other listings by clicking on the Author Name just below the title of this tracker Ideas on how to use this journal Bereavement or grief gift book for a loss of a mom dad child brother sister or any other loved one Write a memoir poetry or letter Gift for a loss of a dad parent or father figure Use this along with healing scriptures as part of your meditations

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