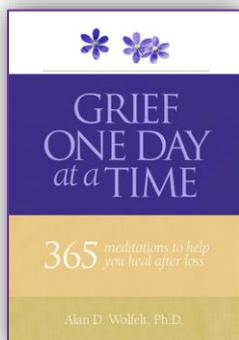


## Grief One Day at a Time; 365 Meditations to Help You Heal After Loss by Dr. Alan Wolfelt PhD

Book Review by Jean Johnson



Since January begins a new year with traces of hope for fresh beginnings, I discovered a book that will give us daily comfort and direction towards healing of our grief. It's my hope that you will find encouragement in these meditations, as you travel on the rugged and lonely road of grief.

Dr. Alan Wolfelt's collection of books, no matter the title, are chock full of wisdom, healing principles, and insights, to guide us along this painful path. This book gives us daily inspiration in short messages, which helps to set our minds in the right direction for our day.

Here is a partial example of one day's entry:

### January 5<sup>th</sup>

*"I wish you were here. Right here where I can see, touch, and hear you. I will always miss you, but I will also always love you. The love is still there.*

"Midwinter is a time to withdraw and grieve. It is time to huddle indoors and sit by the fire, and contemplate the meaning of life and death. It is time for hot chocolate and meaningful conversations with the people that we care about. We can heed grief's call for stillness and also share this time of reflection with others...

"We grieve and withdraw. We take breaks for warmth and relief. This is the January of our grief. "

These daily reflections lend themselves to journaling about the daily topic at hand. I highly recommend this book to guide your hurting heart toward healing as you read Dr. Wolfelt's daily nuggets of wisdom."



Jean Johnson – Jean's grief journey began in October 2006 when her daughter was murdered. Jean knows the value of self-help through reading and wants to encourage others to read as well. When she finds a book that she believes will help others, she writes a review to encourage them to seek it out and invest their time in reading as a means of healing after loss.