

**FOR IMMEDIATE RELEASE**

New Book Announcement

**CONTACT: Judy Brizendine**

949.281.6933 x801

[jbriz@stunnedbygrief.com](mailto:jbriz@stunnedbygrief.com)

**New Books Offer Unique Approach to Coping with Grief, Loss and Hopelessness:  
Books Address Inevitable Crisis in the World Today**

LAKE FOREST, CA – October 15, 2011 – New book and companion journal present a unique concept to help people understand and cope with the reality of grief associated with death or any of life's tragic losses. Grief is inevitable and affects all areas of a person's life.

In [\*STUNNED by Grief: Remapping Your Life When Loss Changes Everything\*](#) (BennettKnepp Publishing; October 2011; \$18.95 Trade Paper; ISBN-13: 978-0-9831688-1-2) and [\*STUNNED by Grief Journal\*](#) (October 2011; \$16.95 Trade Paper; ISBN-13: 978-0-9831688-0-5), **Judy Brizendine** approaches grief in a new, practical, and personal way. Regardless of the circumstances, people are seldom ready to face the grief of loss or prepared for the toll it takes. Remapping is a simple, down-to-earth recovery concept that breaks the grieving process down into six basic elements so it's understandable, less overwhelming, and workable. These elements include:

- Time
- Feelings
- Acceptance
- Release
- Renewal
- Support

*STUNNED by Grief* cuts through the clutter and zeroes in on 'flashpoint' issues critical to healing. Realistic, revealing, and practical, this book contains straight talk from people who have been there. Brizendine steps out of the box and offers the reader a fresh way of looking at grief. She shares intimate thoughts, fears, and personal battles to prepare others and alleviate their struggle to grasp or explain something they don't understand. *STUNNED by Grief* is a story of triumph and hope.

*STUNNED by Grief Journal* is an interactive recovery tool written to stand alone or to complement the book, *STUNNED by Grief*. The journal contains six months of daily support including thoughts from great minds, reflections and suggestions from the author, quotes, verses, and blank space for the reader's own thoughts. These resources offer a way of guiding the reader through grief to a full and reconnected life.

*STUNNED by Grief* and *STUNNED by Grief Journal* are distributed throughout the U.S. and Canada by Small Press United (through Independent Publishers Group). Books are on the shelves of selected bookstores and can be ordered through any bookstore, [ipgbook.com](http://ipgbook.com), [stunnedbygrief.com](http://stunnedbygrief.com), [Amazon.com](http://Amazon.com), [BN.com](http://BN.com), and other online retailers.

For more information, please visit [www.StunnedByGrief.com](http://www.StunnedByGrief.com).

**About the Author:** Author, blogger, and speaker, [Judy Brizendine](#), is a business professional whose perspective and direction changed because of the impact of grief and loss on her life. That experience, along with facilitating grief-support workshops, helped her define a new approach to grief. Brizendine's goal is to ease the struggle for others by providing a frank, personal look inside grief and the reassurance that a full and reconnected life is possible. She is committed to focusing attention on grief and changing the way people view one of the toughest experiences everyone will meet.

***STUNNED by Grief***

Judy Brizendine  
\$18.95  
6 x 9, 296 pages  
Self Help / Inspirational  
Trade Softcover  
2 illustrations, 2 diagrams  
Bibliography, other sources, index  
ISBN: 978-0-9831688-1-2  
ISBN: 978-0-9831688-2-9 (ePDF)  
ISBN: 978-0-9831688-3-6 (ePUB)  
ISBN: 978-0-9831688-4-3 (Kindle/Mobi)  
LCCN: 20109117535

***STUNNED by Grief Journal***

Judy Brizendine  
\$16.95  
7 x 10, 224 pages  
Self Help / Inspirational  
Trade Softcover – Layflat binding  
1 illustration  
Appendix  
ISBN: 978-0-9831688-0-5

Editors' note: For high resolution, downloadable JPEGs of *STUNNED by Grief* and *STUNNED by Grief Journal* covers, please visit: <http://stunnedbygrief.com/media-room/>

**MEDIA CONTACT:** Judy Brizendine, 949.281.6933 x801, [jbriz@stunnedbygrief.com](mailto:jbriz@stunnedbygrief.com)

###