



STUNNED by Grief Journal

Judy Brizendine (Author)

Self-Help/Inspirational
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STUNNED by Grief Journal is an interactive recovery tool written to stand alone or to complement the book, STUNNED by Grief: Remapping your life when loss changes everything, which contains more in-depth information and other tips, tools and strategies.

The journal contains daily support for 6 months, including thoughts from great minds, reflections and suggestions from the author, quotes, verses, and plenty of room to write. You can pick it up anytime, follow it daily, take a break, dip in as needed, or whatever makes the most sense for you. Don't try to go through grief alone.

Writing about your loss is one of the most important things you can do. It's key to tapping into your grief, working through it, and releasing what is buried deep inside. By working through it you cut through the unspeakable pain--and get to the heart of what really matters.

You'll discover how to sort out what's on the inside, so you can bring it to the outside--and release it. Insights about grief will remind you that someone knows what you're facing. You'll learn how 'remapping,' a simple, down-to-earth recovery process, can lead to healing. And you'll find reassurance to 'keep on keeping on.'

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