

Author, Blogger and Speaker

Educates and Inspires People About a Crucial Issue
Everyone Will Face: Grief



JUDY BRIZENDINE

STUNNED By Grief

REVIEWS

“Realistic, practical, and highly recommended.”
—*Library Journal*

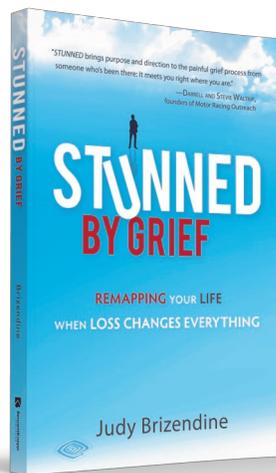
“*STUNNED by Grief* is a serious-minded self-help book that reaches out to any who are devastated by the loss of a loved one...highly recommended...”
—*The Midwest Book Review*

ENDORSEMENTS

“From loss to renewal, *STUNNED by Grief* (SBG) provides clear, inspirational steps to manage the death of a loved one... Definitely a book worth reading.”
—Scott Rutter, (LTC, U.S. Army, Ret.), natl. spokesman, TAPS

“Judy has opened her life to us all and her transparency provides insights and direction that will stir new hope within you, and encourage and inspire you to move forward step-by-step...I believe SBG is going to be a tremendous resource to many...”
—Billy E. Mauldin, Jr., president and ceo, Motor Racing Outreach

“Read and learn from Judy’s experience.”
—Bernie Siegel, MD



Named to *Library Journal's* 'Best Books of 2011: Self-Help'

STUNNED BY GRIEF IS AN ESSENTIAL MESSAGE FOR TODAY. DO YOU KNOW WHAT TO DO WHEN TRAGEDY STRIKES?

Meet Judy Brizendine...

Judy Brizendine is a business professional whose life radically changed course after the tragic, sudden death of her husband.

She is committed to helping people understand about grief—and changing the way they view one of the toughest experiences each of us will eventually face.

SPEAKER TOPICS

- Tragedy Is Not Your Legacy—How to *Thrive* vs Survive After Loss
- Grief Misunderstood: The Truth Will Set You Free
- How to Overcome Grief’s Two Powerful Stumbling Blocks
- My World Fell Apart and I’m Afraid I’m Going Crazy – What *Is* This Grief?
- Awakening the Giant Within: Remapping Your Life After Loss

Judy understands what it’s like to be ‘stunned’ by a serious loss. Even when we know in advance that loss will come, we’re seldom prepared for the toll it will take on us, how it isolates and freezes us, how it changes everything.

The truth is that no one is ever ready to face the grief of loss. The experience is even more difficult when you have no idea what to expect or what to do.

Educate and equip yourself. Get acquainted with the basics.

Take positive action now.

Call: (949) 281.6933 Email: judy.brizendine@att.net
For more information - <http://stunnedbygrief.com>

© 2014 BennettKnepp Publishing