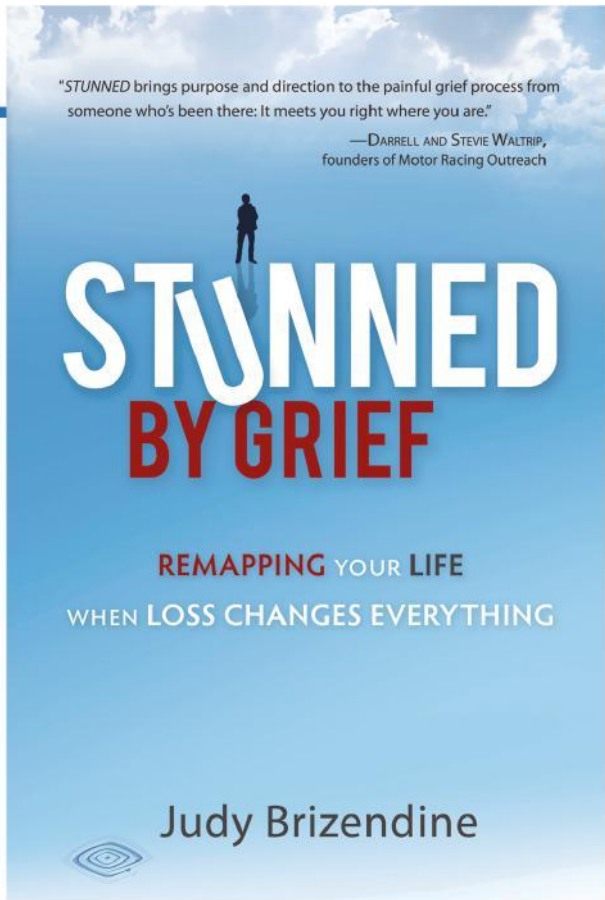


"STUNNED brings purpose and direction to the painful grief process from someone who's been there: It meets you right where you are."

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founders of Motor Racing Outreach



# STUNNED BY GRIEF

REMAPPING YOUR LIFE  
WHEN LOSS CHANGES EVERYTHING

Judy Brizendine

## STUNNED by Grief Remapping Your Life When Loss Changes Everything

*Judy Brizendine (Author)*

Self-Help/Inspirational

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Unless you've been through it, you can't understand it. It's that simple.

STUNNED by Grief is a highly focused, conversational book that cuts through the clutter and zeroes in on "flashpoint" issues critical to a griever's healing. It's realistic. Revealing. Practical.

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Judy Brizendine is a business professional whose life radically changed course after the tragic, sudden death of her husband. That experience, along with facilitating grief-support workshops, helped her define a new, practical, and personal approach to grief.

"Realistic, practical, and highly recommended."

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November 15, 2011 review

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