

JUDY BRIZENDINE
(SHORT BIO)

Judy Brizendine--author, blogger, and speaker--is a woman with a passionate mission that developed as a result of a tragic loss. The statement, "Out of your deepest pain comes your greatest gift," describes her experience.

In 1998, Judy's husband of twenty-nine years died suddenly on a mountain bike ride, and her grief journey changed her life, perspective, and career.

Because she was painfully unprepared to face grief--just as most of us are--she is committed to easing your struggle to understand and deal with grief.

Her award-winning books, *STUNNED by Grief* and *STUNNED by Grief Journal*, gently guide you through the chaos and confusion of grief in a realistic, revealing, personal, and practical way. Individuals facing grief and loss have discovered a source of sanity, solutions, validation, and life-changing support in *STUNNED by Grief*.

Judy's goal is to meet you wherever you are, and connect with you in such a way that you'll know you can make it through this experience and discover a new sense of hope and direction.