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Grief can be your best friend, or your worst enemy. Whether we are grieving for a loved one or for a time in our lives that has passed, each loss we face brings with it an element of change. Our abilities to step out of the old and adjust to the new can often be held back by our fear of these changes, preventing us from defining a new, positive pathway. Whatever your loss, and however you are adjusting to it, this book can help you move forward into a state of acceptance. Whether you keep it by your bedside, in your desk, or tucked into a bag, Good Grief is the little voice telling you that you can do it, and that you are not alone.

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