



Transforming Grief: Insights and Practices for Moving Through Loss

Marilyn Schlitz

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Facing the loss of someone or something we love can be overwhelming. Yet grief is a natural and universal process for healing from life's painful events. *Transforming Grief* offers insights to help us tap our innate resiliency, courage, and compassion, along with practical ways to honor and work through our grief. Join social anthropologist and award-winning author Dr. Marilyn Schlitz to learn more about:

- Building new responses to fear and discomfort
- Reconsidering the five phases of grief
- Acknowledging the time and work involved in grieving
- Three grief practices: Walking the Labyrinth, Laughter Yoga, and Communion with the Dead
- Fostering connection to both the living and the deceased through shared grief practices

“We tend to define our grief by what we no longer have, rather than by what the departed loved one has given us,” writes Marilyn Schlitz. “Healing may come when we allow ourselves to risk again, to continue growing, and to invite transformation.” For anyone seeking guidance on the challenging journey through loss, *Transforming Grief* will be an inspirational companion for each step on the path.

Note: Excerpted from *Death Makes Life Possible* by Marilyn Schlitz.

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