



My personal Recovery Work Booklet: Steps to Learn How to Grieve and How to keep Living after Grief

Katerena Veronica Lovett Sr

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This work booklet was inspired by tragedy in my personal life as well as in the lives by others, This is where I was driven to write a book on "Learning to Live After the Death of a Loved One" or other tragedies that seem to freeze us in life and make us feel as if we are never going to be ok. The bad news here is we will never be the same but it is how we learn to grow with the support of sometimes strangers and others that have also experiences the feeling as if life has just stopped and how and where do we go from here? I found for many people there is strength in numbers. As quoted by my favorite writers Nicholas Sparks "the reason it hurts so much to separate is because our souls are connected" Need I say more?

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Ella Oxley:

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Joan McCorkle:

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