

Grieving Us

A Field Guide for Living with Loss Without Losing Yourself

Through storytelling (personal stories and those of others) and specific how-to chapters, this book helps people, especially women, breakthrough their grief, create joy in their lives every day, and create new lives after loss through a 4-stage process: Telling Your Loss Story & Setting a Feeling Intention, Creating a Tiny-Come-Back-to-Your-Senses Ritual, Start a Joy Habit, and Design an Emotional Flak Jacket. Reconnecting with nature and mindfulness are important aspects.



Kimberley is a writer, mentor, and charitable gift & end-of-life planner. Having survived a house fire at age 3.5 that killed her two sisters, she's survived the deaths and suicides of many others, and has worked with others dealing with grief in planning charitable memorials to the ones they love.



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Kimberley Pittman-Schulz

Grieving Us

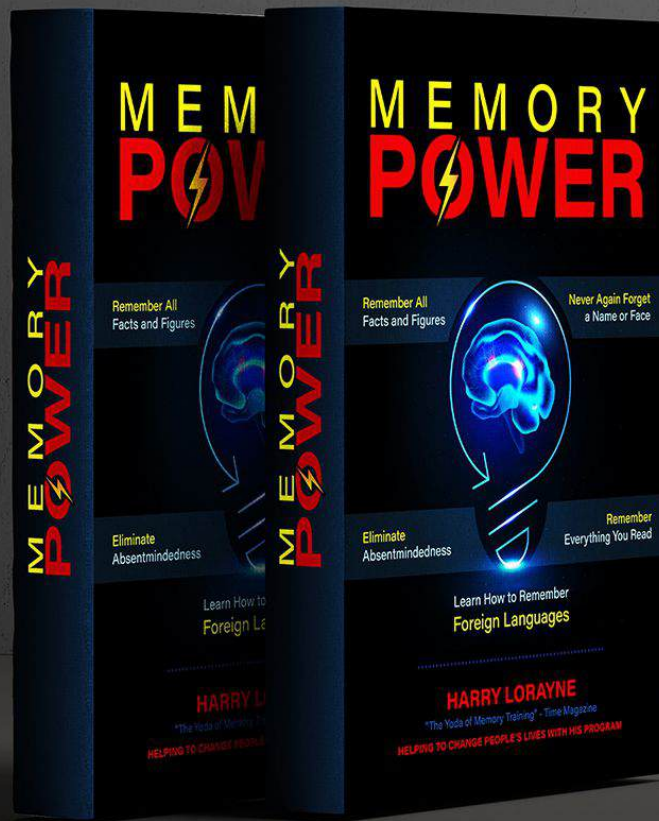
A Field Guide for Living with Loss Without Losing Yourself



Kimberley
Pittman-Schulz



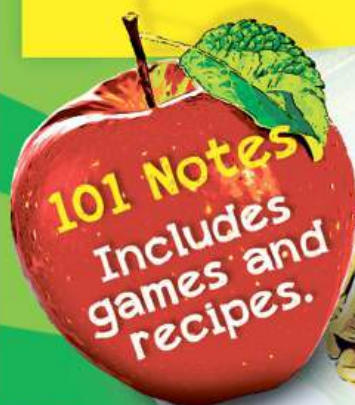
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Mealtime Notes from Me!

Make Your Kid's
Mealtime Happier

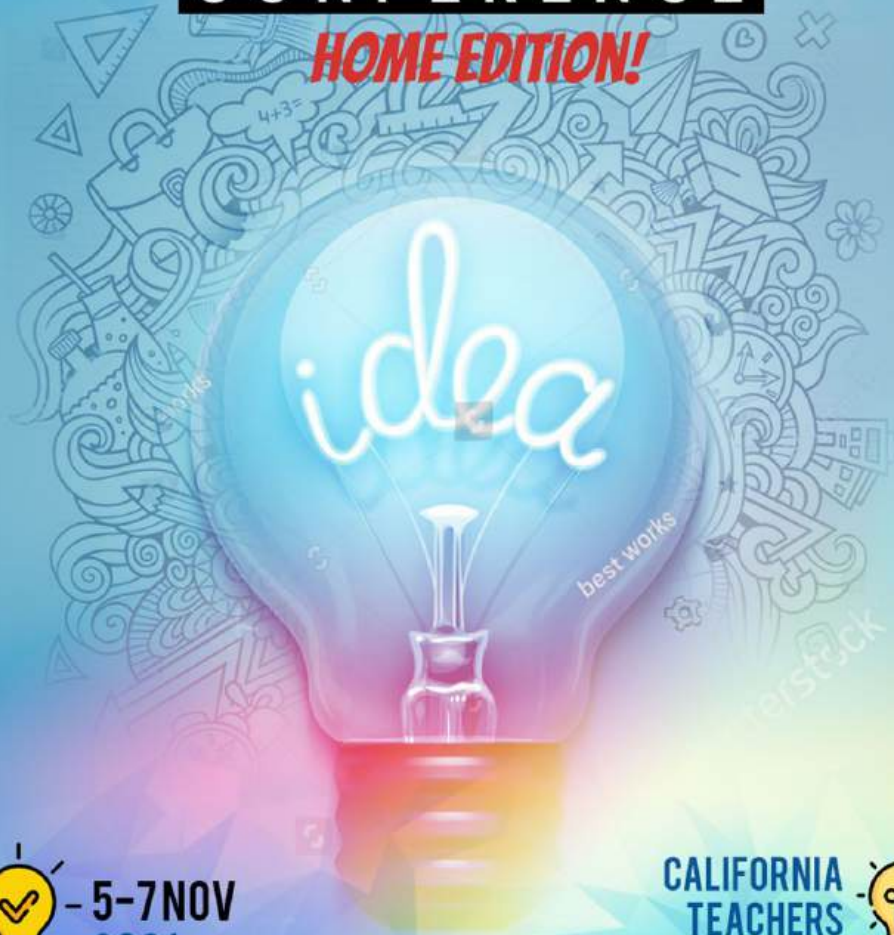
foodie facts & Chuckles





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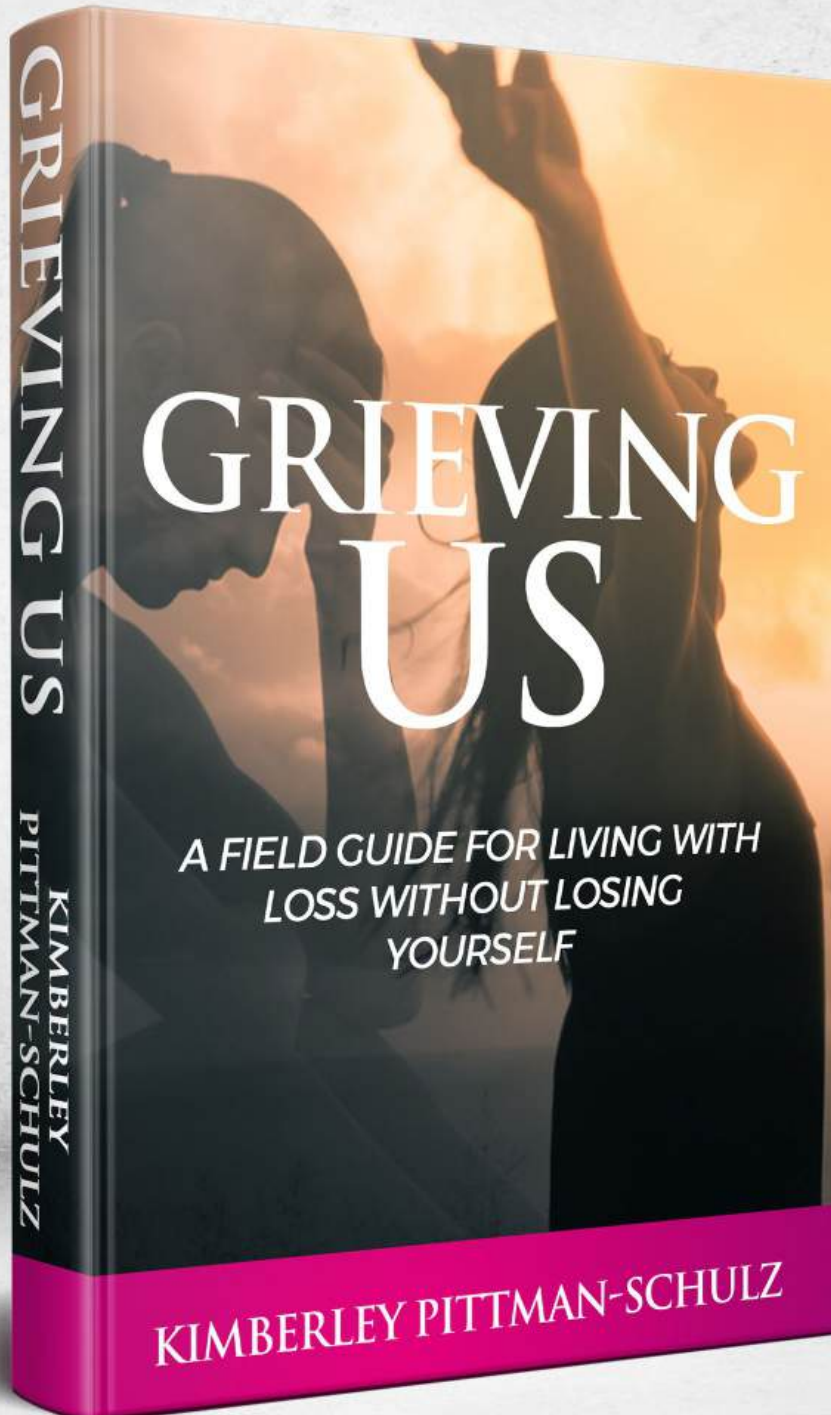
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THE SEVEN STORY HOUSE

LOREM IPSUM DOLOR SIT AMET, CONSETETUR SADIPSCING ELITR, SED DIAM
NONUMY EIRMOD TEMPOR INVIDUNT UT LABORE ET DOLORE MAGNA
ALIQUAM ERAT, SED DIAM VOLUPTUA. AT VERO EOS ET ACCUSAM ET JUSTO
DUO DOLORES ET EA REBUM. STET CLITA KASD GUBERGREN, NO SEA TAKIMA-
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INVIDUNT UT LABORE ET DOLORE MAGNA ALIQUAM ERAT, SED DIAM VOLUP-



THE SEVEN STORY HOUSE C.R. STACY

C.R. STACY



THE SEVEN STORY HOUSE

BEDTIME STORIES FOR EVERYONE
BOOK 1

THE PRESENCE OF CONFLICT



Elvis Bray is an American author specializing in fiction novels, short stories, cowboy poetry, and screenplay. He served two tours in Vietnam as a helicopter crew chief and was shot down four times. He retired after thirty-five years in law enforcement. He has published two murder mystery novels, *The Presence of Justice* and *Dual Therapy*. He adapted *Dual Therapy* into a screenplay.

Elvis' hobbies include riding horses, traveling, reading, and writing. He has several short stories published in The American Legion's website, *In Your Own Words*. His short stories have been published in books including the book, *Helicopter Rescues, Vietnam Volume V1 & V*, and a Christmas story published in a book used as a fund raiser for the children's hospital. Elvis also helps other Vietnam veterans write their stories.

Elvis is retired and lives in Queen Creek, Arizona with his wife, three horses, two dogs and a cats he doesn't claim.

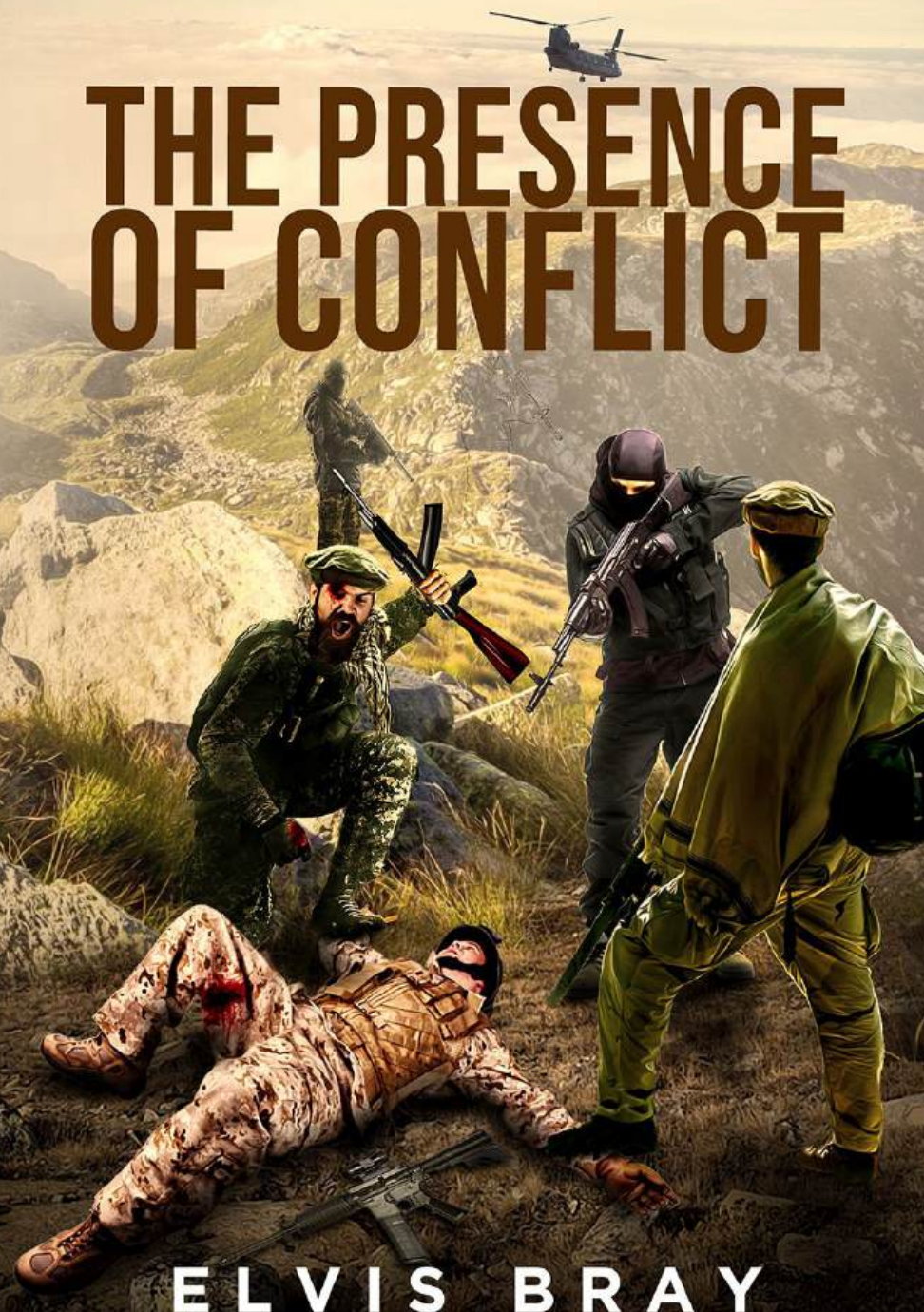
*"You can contact the author at:
elvisbrayauthor@gmail.com"*



THE PRESENCE OF CONFLICT

ELVIS BRAY

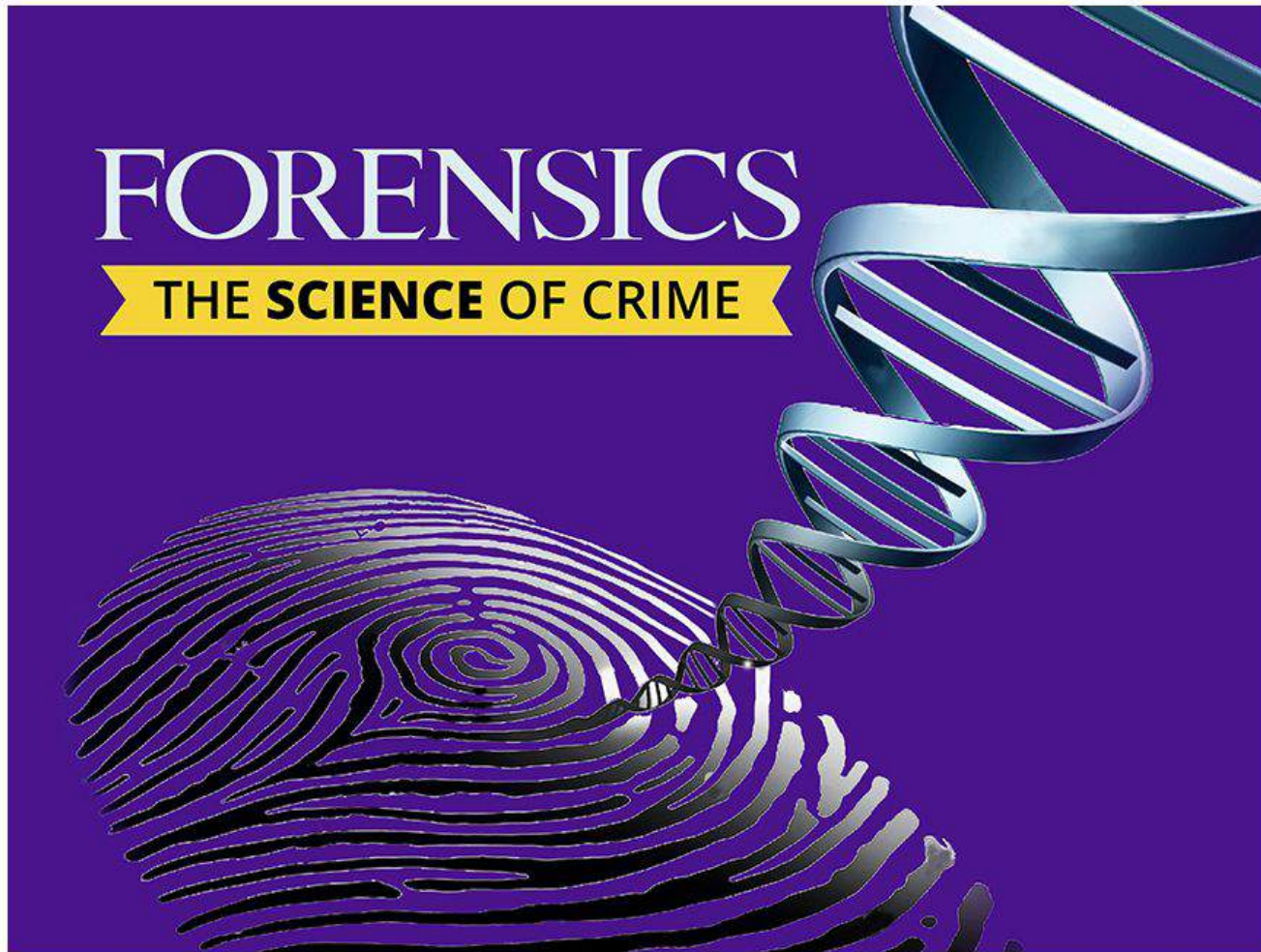
THE PRESENCE OF CONFLICT



ELVIS BRAY

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THE **SCIENCE** OF CRIME





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WITH MONIQUE RHODES

