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Grief Quest: A Workbook & Journal To Heal The Grieving Heart

I. J. Weinstock

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LOVE may be the ANSWER but LOSS poses the QUESTIONS! In the agony and inconsolable grief of losing a loved one, we find ourselves asking questions we've never asked before. When we say we've "lost" our loved one, the truth is we're lost. The world as we've known it no longer exists. The right questions are like a trail in the wilderness that can lead us out of the darkness toward the light of a new life that is forever changed. THE QUESTIONS DETERMINE THE QUEST. Grief Quest utilizes a unique question-based L.O.V.E. process— • L—Love your memories. • O—Open to your grief. • V—Value the gifts. • E—Embrace your life. The questions in Grief Quest will help you memorialize your loved one. The simple act of recording your memories is a tribute to the love and life you shared. If you embark on this Grief Quest, you'll get to know yourself and your relationship with your loved one on a deeper level than you thought possible. Praise for Grief Quest: “Grief Quest is a wonderful workbook by the bereaved for the bereaved. It provides deep healing messages, quotes, stories, and questions/suggestions in a short and concise but meaningful way. It provides a provocative road map and diary for the grieving soul; it does not pathologize, preach or instruct; it is a guided meditation in book form for the grieving heart. I would highly recommend this literal self help workbook for anyone on the grief journey.” — Mitch Carmody, author of “Letters to My son, Turning Loss to Legacy” “The Grief Quest workbook is GREAT…a real gem for those who are trying to navigate the path through grief.” — Darcie D. Sims, Ph.D., CHT, CT, GMS Director, American Grief Academy Grief Inc. “Grief Quest is a well thought out journey for the bereaved who like to ponder and record their thoughts. Others may just want to dip in and out of the wonderful stories and ponder the soul-searching questions. Bereavement counselors and group facilitators could use the rich questions to stimulate discussion. Greif Quest’s L.O.V.E. process can be very helpful to anyone who’s lost a loved one.” — Dr. Gloria Horsley, Grief Expert President of The Open To Hope Foundation “Grief Quest is a powerful, and yet gentle journey into healing one of life’s greatest wounds—the death of a loved one. Knowing that love is the only way through the pain, the author (who lost his beloved spouse) has skillfully devised a program for the grieving individual to draw on the love for the person they lost to soothe the aching heart.” — Rabbi Mordechai Liebling, Reconstructionist Rabbinical College “We who experience the loss of a loved one need to become interpreters of our own grief. Your questions are a wonderful tool of discovery. Thank you.” — Reverend William Englund, First Baptist Church, St Paul, MN “I cannot tell you how much I loved Grief Quest. It definitely will be at the top of my list of journaling books to recommend at the workshop that I give each year at the national conference of The Compassionate Friends. I have many journaling books but this is, by far and away, the most well done. Kudos!!!” — Cathy Seehuetter TCF National Board of Directors, presenter of Journaling as a Healing Tool workshop

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