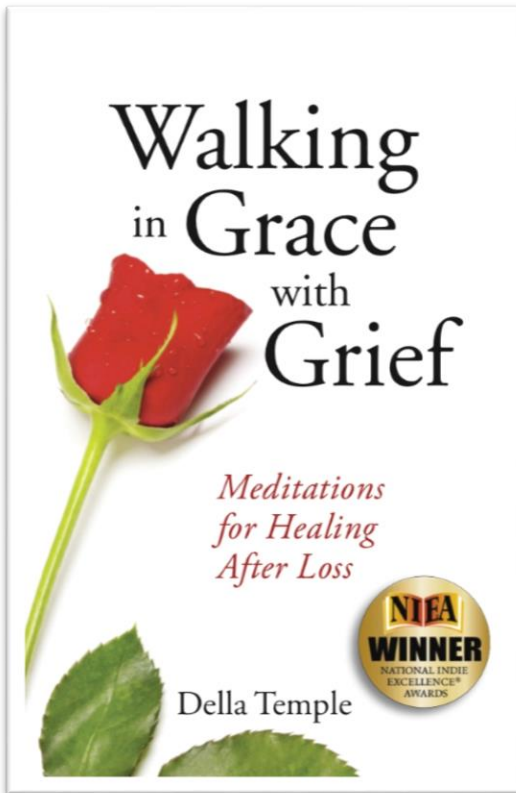


"I'VE COME TO THINK THAT GRIEF IS TWO-FOLD. IT'S THE PAINFUL LONGING FOR THE PHYSICAL PRESENCE OF OUR LOVED ONE AND IT'S THE EMOTIONAL HEART ACHE WE FEEL AS WE DISENGAGE FROM THESE UNFULFILLED DREAMS, THE SORROWS OF WHAT COULD HAVE BEEN. THE STORIES OF A LIFE UNLIVED."

Della Temple, author of *Walking in Grace with Grief*



### *Winner 2015 National Indie Excellence Award*

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## ABOUT THE AUTHOR



Della Temple writes about melding the worlds of the physical and the metaphysical. She is an author, a teacher and a healer. She combines her love of anything analytical with her wide ranging interest in quantum physics and the world of energetic healing. She is a certified Reiki Master and has studied clairvoyance and psychic healing at Boulder Psychic Institute working under the direction of Miwa Mack.

Della is the author of two books, *Tame Your Inner Critic Find Peace & Contentment to Live Your Life on Purpose*, (Llewellyn, 2015), and *Walking in Grace with Grief Meditations for Healing After Loss*, (Button Rock Press, 2015).

She lives in the mountains above Boulder, Colorado.

### Meditations for Healing After Loss

Della Temple believes it's time to broaden the discussion about death and dying. It may not be necessary to walk the normal stages of grief: from anger, denial, bargaining and depression to the final destination of acceptance.

She believes that others too can start at acceptance and stay there throughout their journey of recovery. This might fly in the face of what's considered "normal grieving", but what the author experienced during her period of mourning was an amazing feeling of ease, comfort and nurturing - what she refers to as Grace - that kept her from drowning in the mire of doubt, wishful thinking and regret.

Join the author on a journey of healing, comfort and Grace.

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