

# GriefTimes

A NEWSLETTER BY **EveryDay Grief**

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[everydaygrief.com](http://everydaygrief.com)

## A Message From Karen

### Finding Hope During the Holidays

Living with the death of a loved one can become even more difficult and lonesome during the holidays. For those experiencing loss, festive music and twinkling lights lose their luster; instead they conjure up the dread of the upcoming season.

If you are living with loss, your life is different now, and the holidays are no exception. Consider the following exercises for a little hope during the holidays:

1. **Toss the tinsel. You do not have to decorate for the Holidays.**
2. **Put picture of your loved one on the fridge with a magnet.**
3. **Write a Christmas note to you from your loved one.**
4. **Set aside time limits to cry and/or feel agonized.**
5. **Give loaves of bread for Christmas gifts.**

## Griefabet Launch Party



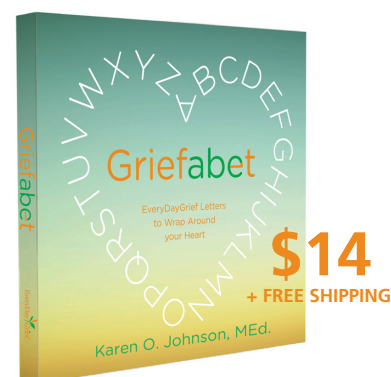
Friends and family gathered at the Cinegrill restaurant on October 26, 2010 to celebrate the launch of Karen's new book, *Griefabet: Everyday Letters to Wrap Around Your Heart*. The group enjoyed delicious food, warm company, complimentary copies of *Griefabet* and other fun prizes. It was the perfect occasion for Karen to share her new book with close friends and family and express gratitude for their support.

## Look for Karen on the Lifetime Network Show "The Balancing Act"



Karen will be appearing on the Lifetime Network show "The Balancing Act" on Wednesday, January 5th to discuss her book, *Griefabet*. The Balancing Act is a one-hour women's morning show illuminating new ways for women to achieve success in all areas of their lives.

Be sure to tune in to "The Balancing Act" on the Lifetime Network on January 5th to see Karen make her national television debut! Visit <http://www.mylifetime.com/shows/balancing-act> for show times in your area.



## Holiday Book Special

Karen's new book, *Griefabet: Everyday Letters to Wrap Around Your Heart*, is a perfect condolence gift for anyone living with loss. With the holidays upon us, consider *Griefabet* for a friend or family member in need of hope during this often difficult season.

**As a special holiday offer, *Griefabet* will be selling at a discounted price of \$14 (regularly priced at \$19.95) plus free shipping on [www.griefabet.com](http://www.griefabet.com).**

**EveryDay Grief**  
*Living Life Counts*