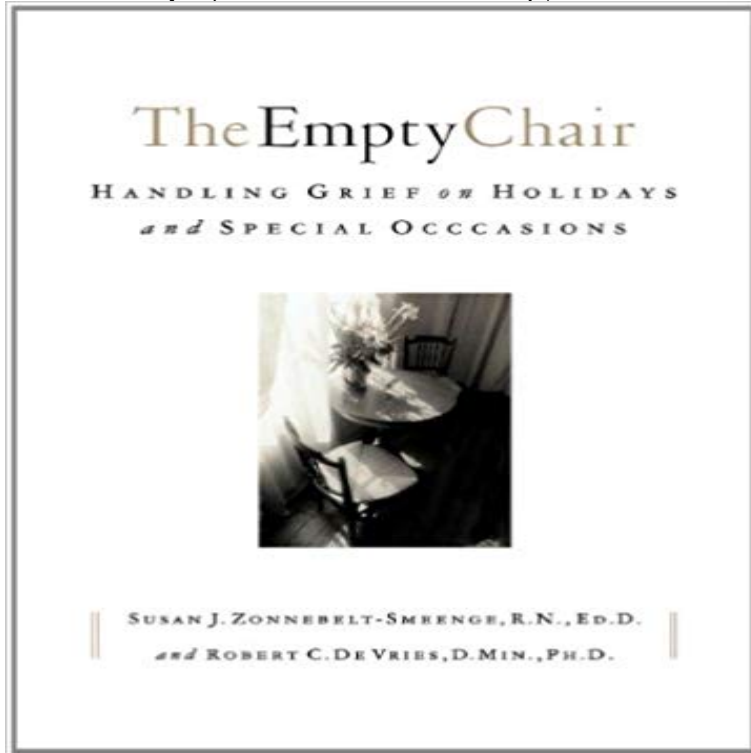


## The Empty Chair: Handling Grief on Holidays and Special Occasions



How to handle holidays and special occasions without your loved one. Whether you've lost a spouse, parent, child, friend, or sibling, The Empty Chair invites you to journey through grief toward life-giving healing. You'll learn how to incorporate new traditions on special days like anniversaries and birthdays, create memorials that honor and affirm your loved one's life, rebuild your individual sense of identity, and more. Most of all, you'll discover a new sense of joy that can become a special part of future holidays. This work affirms the difficulty of celebrating special occasions when in the midst of grief and offers practical suggestions and insights. A remarkable resource.--Ann Bartlett, coordinator, Mayo Hospital Hospice Program  
Help and hope for all who face the holidays anxiously because a special loved one is absent.--James R. Kok, director, International Conference on Care and Kindness, Crystal Cathedral  
The action suggestions are helpful. The meditations at the end of each chapter act as a healing balm.--John Morgan, director of Kings College Centre for Education about Death and Bereavement  
The authors impart a wisdom found not only in their intellects but captured in the priceless experiences of their hearts.--Martin L. Hollebeek, past president, Michigan Funeral Directors Association  
A unique and useful way to assist in managing one's grief during a very difficult time.--Ron E. Wilder, president, Association for Death Education and Counseling

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