

# How to Use This Book



**I designed this book** as a travel guide for those who are grieving. Think of yourself on a journey, with this book as a companion. I suggest that you partake of it in small bites. Each vignette is brief and meant to be a thought starter. I share observations from my own experience as well as the experience of people I have known. I also share knowledge from my study on the topic of grief. At the end of each vignette, I pose reflection questions (My Travel Journal) for you to mull over, pray about, or discuss in a group setting. Under Suggested Itinerary are practical suggestions (places to go, things to do) for working on your grief issues that relate to the specific topic of the vignette. You may also find it helpful to keep a journal. Jot down observations, questions, and feelings. After you've traveled down the road a ways, I recommend that you revisit those comments and consider how you've moved and grown. Consider all of this as an invitation to engage with your grief process. But please don't feel pressured to do it all. If you don't have time or are not ready to do what's suggested, feel free to return later to any or all of those activities, or to ignore them. It's *your* journey.

If you read this on your own, take it at your own pace and in any order. If you use this book in a group setting, I suggest that you read a little bit each day (in order) with the aim of completing a section each week. In the Appendix, I designed the six weekly group sessions with an introduction and ideas to spur discussion of each major division of the book. (A guide for facilitators is available as a free download from the publisher's website at [www.judsonpress.com](http://www.judsonpress.com).)

Most importantly, through the act of using it, this book becomes as much yours as mine. Each of our grief journeys is unique. God bless you on your way!