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## My Grief Journey: Coloring Book and Journal (for Grieving Parents) (Paperback)

By Laura Diehl

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Kath Brinkman (illustrator). 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you a grieving parent, looking for ways to help relieve the intense pain, anger, and confusion? Do you want to move toward hope and life again? Search the internet, and you will find all kinds of studies to prove that coloring relieves stress. Journaling also helps us get in touch with things we might be feeling, but haven't been able to put into words. This book, My Grief Journey: Coloring Book and Journal (for grieving parents) puts the two together. Each page has a word (for example, confusion, helpless, anger, future, hope, comfort, thankful, etc.) surrounded by beautiful artwork. Also on the page, you will find a scroll, with a prompt for writing your thoughts and emotions about that word. On the page next to it, you will find where author, Laura Diehl, shares her own thoughts about that word, along with a verse from the Bible. For those who purchase My Grief Journey: Coloring Book and Journal (for grieving parents) there is a private Facebook page, where photos of the colored...



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