



I Wasn't Ready to Say Goodbye, 2nd Ed.: A Companion Workbook

Brook Noel, Pamela Blair PhD

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A workbook of healing and hope

Based on the bereavement classic *I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing after the Sudden Death of a Loved One*, this workbook offers step-by-step support and encouragement through the grief journey.

In the wake of sudden loss, the *I Wasn't Ready to Say Goodbye Companion Workbook*, written by two women who have experienced tragedy, acts as a warm touchstone to navigate the unique emotions and challenges of grief. Tapping their personal histories and drawing on numerous interviews, authors Brook Noel and Pamela D. Blair, PhD, explore unexpected death and its role in the cycle of life.

This edition also includes new material regarding the unique circumstance of loss, men and women's grieving styles, religion, faith and grief's unanswerable questions.

Called a "support group in your hands" by professionals and mourners alike, this companion workbook will comfort, uplift, and console. Exercises guide readers through the gap created by loss, anger, guilt, loss of purpose, and the unique challenges based on the relationship to the loved one. Using a combination of self exploration questions, visualization activities, and journaling, *I Wasn't Ready to Say Goodbye Workbook* shows grieving readers how to endure, survive, and grow from the pain and turmoil surrounding sudden loss. Combined with the classic *I Wasn't Ready to Say Goodbye*, this workbook truly places a support vehicle in the hands of those who are mourning. In tandem with the updated edition of the book, the second edition of the workbook reflects the fact that the face of grief has changed in the past 10 years.

Praise for *I Wasn't Ready to Say Goodbye*

"As one who deals with unexpected death, I am so pleased to find a truly valuable reference for those souls who are blindsided by such misery. This book is thoughtful, thorough, and intensely meaningful. Up until now Rabbi Kushner's reference *When Bad Things Happen to Good People* has been my mainstay in such circumstances; I will add this book to my recommended list."

-E. Charles Douville, MD, Cardiothoracic Surgeon, Providence, Portland

"The authors have captured a means of discussing and exploring a very painful life passage in real life, down to earth language and experience. Many thanks to Pam and Brook for their generosity in sharing their discoveries to further our healing."

-Charlotte A. Tomaino, PhD, Neuropsychologist

"This book, by women who have done their homework on grief, can hold a hand and comfort a soul through grief's wilderness. Outstanding references of where to seek other help."

-George C. Kandle, Pastoral Psychologist

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