



About the Author:

Nathalie Himmelrich's professional background is as a relationship coach and grief recovery expert. She helps people find their way back to a life of joy, laughter and happiness. Nathalie is a prolific writer and renowned for her honesty and clarity.

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GRIEVING PARENTS

Surviving Loss as a Couple

"I wish there had been a book like this when my son died. This book will help you heal through connecting with other parents who have been there. Knowing that you are not alone is the first step you can take towards your healing."

Cheryl Haggard – Co-Founder, Now I Lay Me Down to Sleep

"Grieving Parents takes the important step of normalizing grief and is filled with personal insights of bereaved parents who have experienced what so many of us have after our losses. It is practical yet intimate, and can help you navigate your journey through grief to healing."

Sean Hanish and Kiley Krekorian Hanish - Return to Zero

"This is indeed the book I would have liked to have in my hands after our 8 month old Ingrid passed away. It's so wise and loving, filled with both practical and emotional advice. I will definitely be giving this away as a gift to the bereaved parents I meet daily in my work as a grief recovery specialist."

Karin Andersson Hagelin - Grief Recovery Specialist & EFT Tapping Practitioner

"Powerful, heartfelt and practical advice from someone who's been there. If you're looking for the ultimate couples' guide through the bumpy road of grief, look no further. A must-read for bereaved parents everywhere."

-Angela Miller - Author of You Are the Mother of All Mothers

About the Book

"Losing the younger of our identical twin girls on the third day of her life totally shocked us. We had barely grown used to the identity of being 'first time parents' before we also donned the title of 'bereaved parents.' But there was more to come..."

The loss of a child affects the whole family, especially the parents and their relationship. The journey of grief has no set timeline or steps, but unfolds as each person travels in their very own way.

This book will help you:

- understand differences in female and male grieving
- find the best way to support yourself individually and as a couple
- bring awareness, acceptance and understanding to the grieving process
- adjust to life post-loss and reemerge as a stronger couple
- be a support to grieving parents

Please visit www.grievingparents.net for more information and support for Grieving Parents.

How to Order

The print version can be ordered through Amazon. You may also order through CreateSpace (<http://bit.ly/GrievingParents>)

Books for Grief Support Groups

If you want to purchase books for a bereavement group, email Nathalie at nhimmelrich@gmail.com. There are special discounts available if you purchase five and more books at the time. *Groups who purchase ten or more books will be featured in the Resource section of Grieving Parents Support Network.

Donating book 'in Memory of' your child

If you would like to donate books to your hospital, bereavement centre, children's hospital or other organisation to honour the memory of your child, you can take advantage of the 'In Memory' packages which can be found here.

Memory Package Details

Decide how many book you'd like to purchase and find out about all the details and steps to order at <http://grievingparents.net/the-book/buy-the-book/in-memory-packages/memory-package-details-continued/>.



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