

Someone you love is gone.

And you are holding this book because you don't know what else to do...and that is okay.

Grief is about change, something most of us like to avoid. But when we can lean into it and make space for the experience of loss by intentionally engaging with it, that's ultimately when we heal.

An intimate guide presented as a series of thoughtful, brief vignettes that don't overwhelm the listener, *Conscious Grieving* offers a paradigm shift around what grief and loss mean, giving us permission to explore both in new ways—and access profound pathways of healing and transformation.

Claire Bidwell Smith is a therapist specializing in grief and author of *The Rules of Inheritance*, a Books for a Better Life award nominee, *After This: When Life Is Over Where Do We Go?*, and *Anxiety: The Missing Stage of Grief*.

Read by the Author



Runtime: 5h. 56m. • Unabridged

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AUDIO

Conscious Grieving



Claire Bidwell Smith, LCPC

Adult



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