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## Finding Support, Comfort and then New Joy after the Loss of a Loved One

*Chicken Soup for the Soul shares stories from people who have found their path to recovery*

**COS COB, Conn.** – Losing a loved one is painful and can be overwhelming. The journey to healing and recovering takes time and everyone goes through the grieving process their own way. When you're hurting, it helps to read stories from other people who have been through the same thing. *Chicken Soup for the Soul: Grieving and Recovery* (Chicken Soup for the Soul Publishing, LLC, February 1, 2011, 978-1935096627, \$14.95), contains 101 inspirational and comforting stories about surviving the loss of a loved one. Readers will take comfort and find inspiration in these personal and revealing stories from people who have been through the grieving and recovery process already and who generously share their tips about coping with loss, regaining strength, appreciating life, and finding new joy.

Since her husband Paul's passing, Bettie Wailes found herself numb and without energy. She and her husband had done everything together and made even chores such as grocery shopping fun. Bettie couldn't face going back to the store without him and she was out of food. The day she went to pick up Paul's ashes, Bettie enlisted a friend to accompany her. Her friend suggested they take Paul grocery shopping with them, so they wheeled his ashes around the store as they filled Bettie's cart, finally dissolving in laughter over the absurdity of the situation. Letting herself laugh was Bettie's first step on the road to recovery.

Sally Schwartz Friedman deeply mourned her mother's passing but over time she came to understand that she would always be "Lillian's daughter" and that her mother would always be with her. The loss of her son made Beverly Walker feel like a different person. She wrote a poem about how to treat her during her time of loss, advising that it was okay to mention her son's name and talk about her loss, a good example for the newly bereaved who don't know how to handle well-wishers.

After the sudden loss of his wife, Larry Agresto knew he needed to find a new path for himself and his daughters. When his daughters returned to school after their mother's passing, they met sisters who had also recently also lost their mom. Larry reached out to their father and then decided to start a support group for widowers. His journey of healing and self-reflection eventually led him to walk away from corporate America to focus on his new career helping others as a Life Coach.

Everyone finds their own path to healing. After Joseph Kruger lost his brother and two friends, he had dreams in which he saw each of them in what he considered to be their version of "heaven." Joseph saw his brother happily on stage in front of a large crowd in a theater; he saw his friend who always wanted to be a famous performer surrounded by an entourage; and he saw his other friend striking out batters as a pitcher in Yankee Stadium. Although Joseph considered himself a "crisis Catholic," who only believed and prayed during critical times, these events caused him to reconsider the prospect of an afterlife and gave him meaningful comfort. With chapters on saying goodbye, thinking positively, accepting help, finding inner strength, and discovering new joy, *Chicken Soup for the Soul: Grieving and Recovery* will provide comfort and peace to those mourning the loss of a loved one. With its stories of regaining strength, appreciating life, coping, and faith, this inspirational book is a great first step on the path to healing and acts like a portable "support group" for readers.

*Chicken Soup for the Soul: Grieving and Recovery* (Jack Canfield, Mark Victor Hansen, and Amy Newmark) will be released on February 1, 2011. Chicken Soup for the Soul Publishing, LLC, publishes all the latest titles in the famous Chicken Soup for the Soul book series which are distributed through Simon & Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold over 112 million copies, with titles translated into over 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees through IMG, the world's premier licensing agent. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support, inspiration and wellness. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: [www.chickensoup.com](http://www.chickensoup.com).

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To receive a review copy of *Chicken Soup for the Soul: Grieving and Recovery* or to request an interview, please contact Beth Gwazdosky at (512) 921-8148 or [beth@sheltoninteractive.com](mailto:beth@sheltoninteractive.com).