



# Grief Healings 365: Daily Inspirations For Moving Forward To Your New Normal

*R. Glenn Kelly*

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Our existence on earth is not infinite. Shortly after the breath of life came to the Garden of Eden, so too did the ultimate reality of death and losing someone loved deeply. Mourning and grief, therefore, are as old as mankind itself, and have frequently been the impassioned topic of many well-known philosophers, poets and profits over the centuries. When grief is heavy it is difficult for any words to ease the pain. Yet, along my own journey towards a “New Normal”, I would occasionally pick up renowned quotes, verses or famous lines which seemed to resonate within my aching heart. I held on to those little gems of wisdom, taking comfort in the awareness that almost every soul that ever existed had also traveled the painful path of loss.

In Grief Healings 365, I have compiled only those words of wisdom which will motivate you to “Move Forward” in your grief journey. Within these pages are noted and inspirational lines from such greats as Moses, Plato, Lao Tzu, Abraham Lincoln and other brilliant minds of the past. You will also find poetry and pieces of creative works from Shakespeare, Dickens, Twain and others, as well as specific Bible verses, cultural prayers and proverbs on grief.

This collection of inspiring daily words is yours to use as you wish. There is a quote for each day of the year, beginning with January 1st on page one, January 2nd on page two, and so forth through December 31st. You do not, however, have to begin this book on page one. In fact, my recommendation is that you begin with the month and day in which you first picked up the book. Keep it at your bedside and begin each day with a new inspiration and carry the thought with you until you fall asleep that night.

Almost every page inside has space for you to jot down your own thoughts or interpretations of the day’s passage. If you take advantage of this, as you work through each day and return to the page a year later, your own notes will bear witness to how far you moved forward in your journey. Do not stop because you have already read each day throughout the previous year. Instead, continue the inspirational cycle and continue to heal.

I do hope the revered words contained within Grief Healings 365 will give you the comfort given to me. May you find relief in the knowledge that throughout the ages there have been those who were committed to healing and moving forward in loss. May you too find peace and purpose in their words.

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