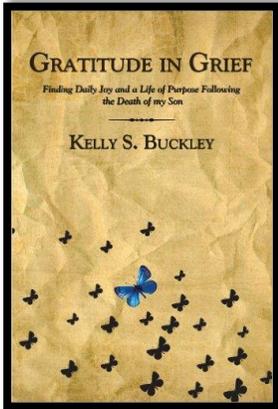


Gratitude in Grief: Finding Daily Joy and a Life of Purpose

Following the Death of My Son by Kelly S. Buckley

Review by Jean Johnson



This book was written as a personal reflection following the days after the tragic death of her son, Stephen.

Kelly looked for one thing each day that she could be grateful for, even though her heart bled with fresh grief.

She discovered the art of journaling and recording those gratitude moments, which changed her way of processing sorrow.

True gratitude has the power to change perspectives, and sparks deeper reflection in the present moment.

Here is one of Kelly's reflections of gratitude:

"This is something I feel tremendous gratitude for in my life today. My acceptance of this **surrender** makes me feel like I am doing right by Stephen.

"As a grieving mother of an adult daughter who was murdered 9 ½ years ago, practicing daily gratitude transformed the way I've looked at life in this journey.

"I notice the small things now, such as tiny sparrows pecking the ground for their morning food. I listen to the sounds of life around me with crispness that I missed before. I've learned to let go of negative thoughts, things, fears, and poor relationships, which felt like an anchor. I am finding the real me." (Jean)

This book is an encouraging read. Kelly shows you how to practice gratitude by learning to **stay** in the present moment, listen to your inner voice, and live life to the fullest.

<https://www.youtube.com/watch?v=DiGSVHfX4RU>.

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Jean Johnson – Jean's grief journey began in October 2006 when her daughter was murdered. Jean knows the value of self-help through reading and wants to encourage others to read as well. When she finds a book that she believes will help others, she writes a review to encourage them to seek it out and invest their time in reading as a means of healing after loss.