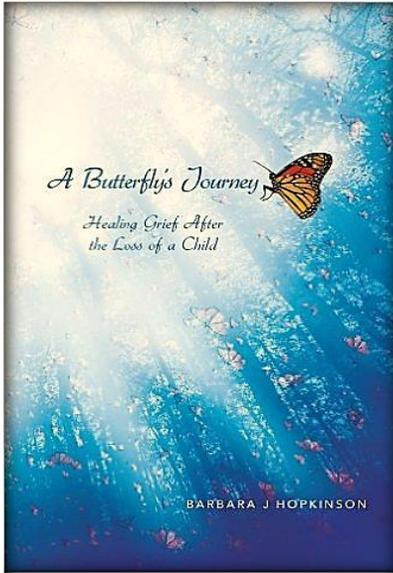


A Butterfly's Journey
Healing Grief After the Loss of a Child
By Barbara J. Hopkinson



The strong pangs of grief can hit parents with hurricane forces beyond their ability to process it. Barbara Hopkinson lost her first child due to a miscarriage, then a few years later another child, fully developed to a stillborn death. Fifteen years later, she was called to her 21-year-old son's bedside for the last moments of his life, due to a tragic motorcycle accident. If this were not enough, her thirty-year marriage collapsed after his death, her job changed dramatically, and her remaining son flunked out of college. Barbara faced surmounting financial difficulties and had to learn how to live alone for the first time, as a fifty-one year old. These type of losses would bury many parents under insurmountable stinging grief and despair. Barbara gathered up what little courage she had, and started a

Compassionate Friends grief group in the greater Newburyport area, offering support to other bereaved parents.

In ***A Butterfly's Journey***, she details finding an inner strength and spirituality that she now believes has prepared her to handle any life challenge with greater ease. Barbara's book is a model to help others find love, hope, and laughter again, by peering outside of ourselves to reach out to others who are hurting on this winding road of grief.

#



Jean Johnson – Jean's grief journey as a bereaved parent 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.