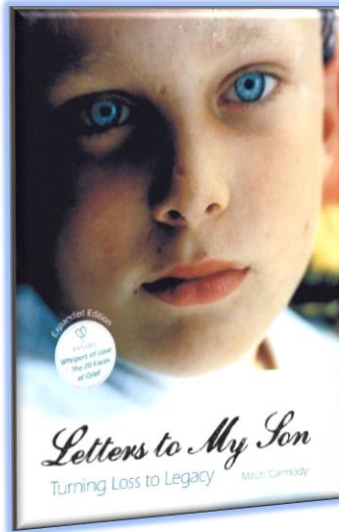


Letters to My Son: Turning Loss into Legacy

By Mitch Carmody

With the author of this book, Mitch Carmody, having been with us in May to share the story of his nine-year-old son's death. I felt it was appropriate to feature his book in our current newsletter.



What beautiful sky blue eyes this child has. When I look into them, it's as if he is staring right inside of my soul with his penetrating gaze. What would he have become?

Mitch Carmody, Kelly's father, wrote letters to process the intense grief he felt after his son battled two years with a malignant brain tumor and died. This updated version contains many powerful and haunting new pencil drawings Mitch has done to illustrate what words cannot describe. He utilized letter writing and drawing as a creative tool to process grief's depth of emotions. I have also found writing to be a powerful form of release, so the emotions don't stay bottled up inside. In addition, Mitch offers very useful steps to help our healing journeys.

Mitch is a recognized keynote speaker and a highly regarded presenter with a wide variety of compelling workshops. He writes and speaks from the heart and touches many lives with his compassionate message and affable manner. I know he has certainly warmed my heart.

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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.