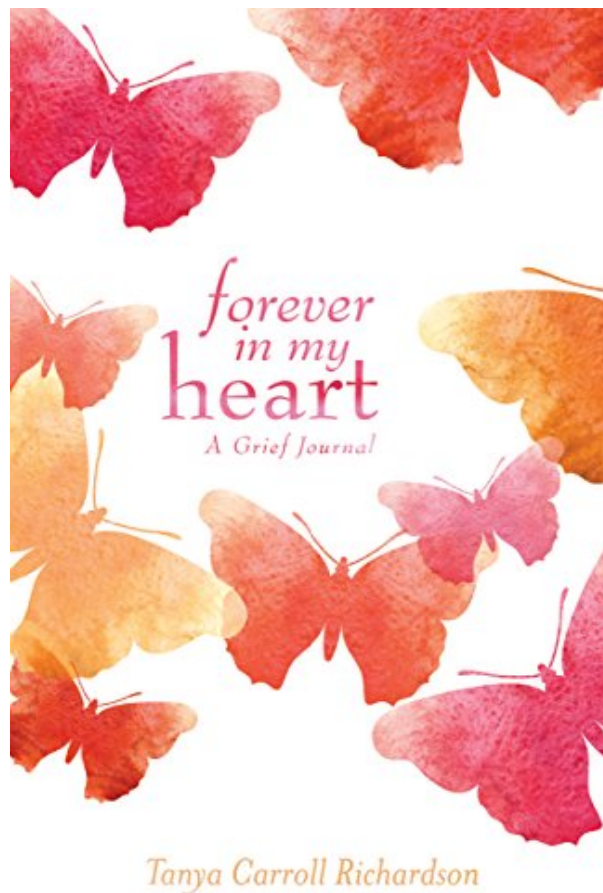
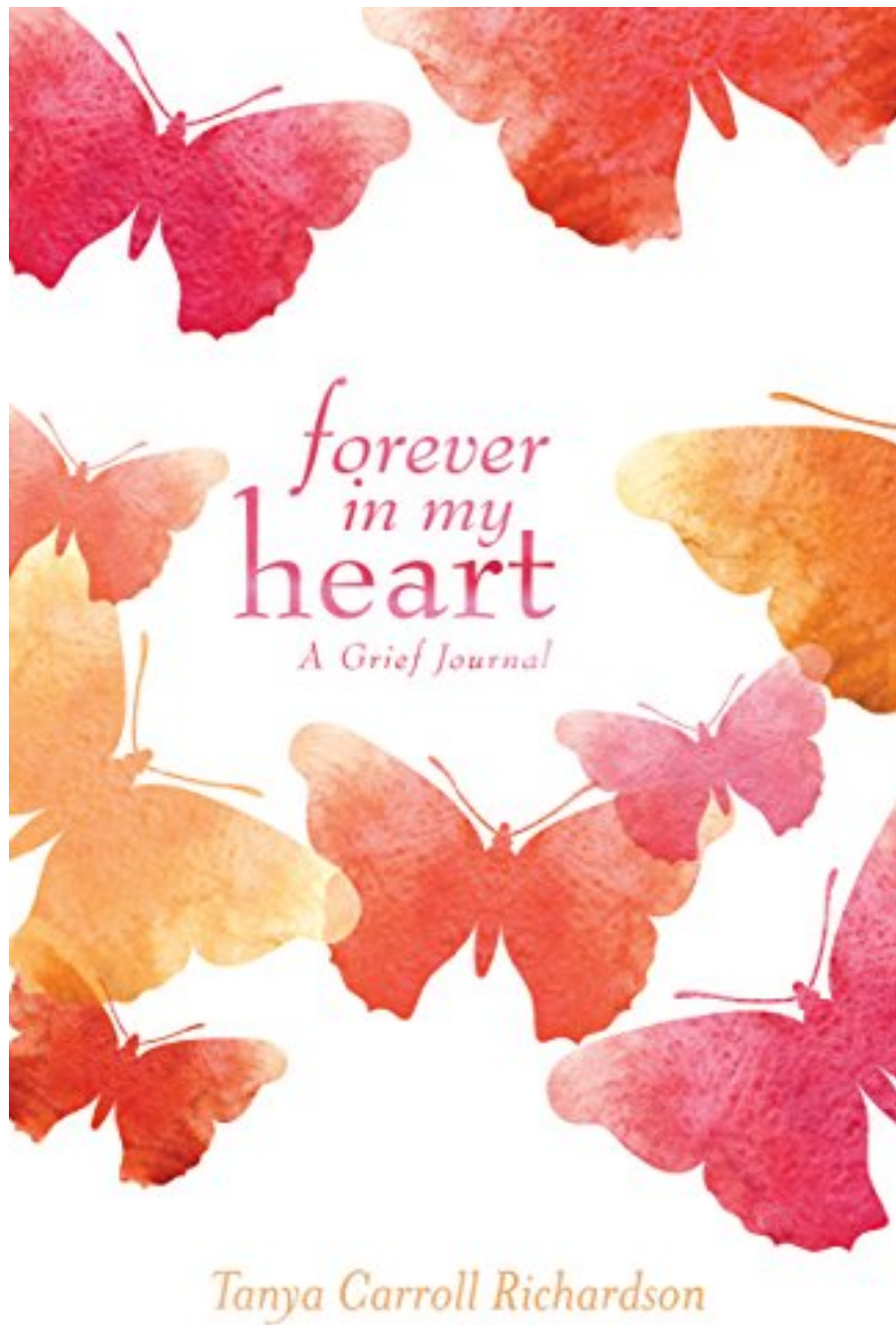


**FOREVER IN MY HEART: A GRIEF
JOURNAL BY TANYA CARROLL
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Review

Angel Insights: Inspiring Messages From and Ways to Connect With Your Spiritual Guardians-Tanya-Richardson-9780738747958-15.99-Llewellyn Publications-05/08/16-0-

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About the Author

Tanya Carroll Richardson is a self-improvement/spiritual author and professional intuitive who is passionate about angels, beauty, and nature. She has been writing about angels, and interviewing people about their encounters with angels, for over a decade. She is the author of *Angel Insights: Inspiring Messages From, and Ways to Connect With, Your Spiritual Guardians* (Llewellyn Worldwide, May 2016), *Heaven on Earth: A Guided Journal for Creating Your Own Divine Paradise* (Sterling Ethos, 2015), and *Forever in My Heart: A Grief Journal* (Ulysses Press, November 2016). Learn more about Tanya's private Angel Readings, or follow her on social media, by visiting tanyarichardson.com.

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Immortalize your most precious memories

Celebrate the life of your loved one

Keep their spirit close in your heart

Remember and cherish your time together

Filled with touching and inspiring prompts, Forever in My Heart is a comforting journal for recording your reflections on your loved one's extraordinary life, their unique traits, and all the many experiences and traditions you shared. This journal will help you explore your emotions, say things that were left unsaid, connect with your loved one's spirit and find healing through writing. It also includes pages to scrapbook photos and other treasured mementos.

- Sales Rank: #461399 in Books
- Published on: 2016-11-15
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .60" w x 5.70" l, .0 pounds
- Binding: Hardcover
- 208 pages

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Most helpful customer reviews

2 of 2 people found the following review helpful.

This journal is the perfect guide for anyone coping for loss

By Danie

This journal is the perfect guide for anyone coping for loss. I purchased this book for a client of mine whose mom recently passed. I was unsure what to say, what to do and what was appropriate in such a terrible situation. I knew I wanted to do something though, it's too big of a loss not to do anything at all. This journal

is an incredibly powerful way to help celebrate your loved ones life and to really keep their spirit close in your heart. Too often days go by and we forget the little, small, day-to-day things that really make the people we love who they are. This book is an incredible way to remember and honor our loved ones. The guidance of the inspirational prompts makes writing about them so easy! For those of us who get writers block, this book genuinely helps you navigate through the many feelings you have during loss. This book is about your past, present and future, it's a way to preserve those memories that we don't want to lose. It's something you can pass on to kids and family members, it's the perfect way to help yourself or loved one through a grieving process. This book has been a gift sent from an angel. I don't want to recommend a book to deal with grief or death to anyone, but if you are in that situation or someone you loved is, I highly recommend this journal. It really is a wonderful way to chronicle ones experience in this thing called life.

3 of 3 people found the following review helpful.

This grief journal is beautiful. It begins with an introduction describing how to ...

By Elizabeth Elle

This grief journal is beautiful. It begins with an introduction describing how to use this book, and then begins into a journal. The journal has places to describe movies, books, or songs that remind you of your loved one. This I thought was especially thoughtful- there are so many of these pieces of life that remind me of my loved ones, and putting it in a journal helps get the feelings out. There are also many places to write down memories, or things you wished you could say to them. There are even some scrapbook pages included to put memories or photos. I encourage this book for anyone going through a loss.

1 of 1 people found the following review helpful.

and this book has the overall approach of "be sad that it's over

By Xan. Belzley

What I think is so incredibly important about this book is that it gives you permission to grieve. Our country allows us a prescribed way of grieving-- a funeral, a week off work, support from friends and family-- but doesn't talk about how to accept your own feelings and take the time you need to ride out the waves of grief. The experience of loss is an extraordinarily complicated one, and this book has the overall approach of "be sad that it's over, but also, when you're ready, be glad that it happened." It's a gentle and caring work, and most of it has made me cry (I'm using it to talk about my grandfather who passed) but I loved having a space to grieve. It should be noticed that this book has a religious bent, but it's a bit flexible. No Jesus mentions, for example. But my own personal approach to religion, while mostly atheistic, allows me to appreciate the spiritual richness of the book without worrying as much about what heaven and angels are. The spacing of the lines and the number of lines I found to be just right for what I needed to say. I think this is a beautiful gift to yourself or anyone you care for who has lost someone.

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