

From Grief to GROWTH

30 FAVORITE QUOTES FROM THE BOOK

1. More importantly than being able to put a label on a loss is the recognition that all losses are hard because they disrupt our belief about how our lives are supposed to be
2. I have used this mindset to launch an investigation into the great potential of what we can become when we choose to rise with the heat of the fire of loss rather than smolder in the ashes.
3. Sometimes, what we need most is a tough situation to give us some perspective. Somehow, it makes us feel completely alive in ways we never imagined
4. So, after we've exhausted the traditional Five Stages of Grief and arrived at Acceptance—even if we're in the darkest, coldest, loneliest emotional place imaginable—we must open ourselves to doing the work that will support a lifetime of grief.
5. Acceptance is not the end of grief. It is just a beginning—of taking action.
6. Time may dull the pain, but it doesn't give purpose to the hurt and pain you've felt. It doesn't help you grow.
7. Grief feels like playing a game of Monopoly and being told not to pass go and not to collect \$200.
8. Grief feels like you're being punished for something.
9. One of the reasons we struggle with grief is this: We're never taught what to do with it.
10. Whatever it is for you, it's a recognition that your soul is an agent of this greater power, and that each of us has a divine and unique purpose.
11. The purpose of Grief is to give us a vehicle that allows us to process and integrate the experience of losing a loved one and use our suffering to become a better version of ourselves.
12. The more love we have for a person, the deeper the loss feels.
13. It is not the absence of love as much as it is the deeply felt presence of it that causes the swing in the face of loss.
14. Stopping loving someone doesn't make sense when they are alive, and it certainly doesn't make sense even if they are passed.
15. Well hello, Grief! Here you are again. I see you.

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16. With my background in wellness, one of the biggest disconnects I've seen in the grief paradigm is a lack of attention to how powerful the use, or misuse, of our bodies is in the healing process.
17. Healing thoroughly means we are self-reliant enough in the healing work we've done that setting aside our own pain to help another doesn't threaten to throw us off course in our own healing journey.
18. It's very important to give yourself permission to filter who is worthy of your grief journey.
19. Yours is a sacred healing journey, not a Disneyland vacation. Choose your companions wisely.
20. This negativity is often the fork in the road that takes you away from healthy grief and healing from loss to a path of resentment and anger. Gratitude is one of the quickest ways to turn that around.
21. There is no one in the world you have to prove your pain to, and a thousand Facebook likes on your meme will not make the pain go away.
22. When you believe that you are capable of leaning in to this experience, you open an entire new world of possibility.
23. I've learned that the most growth you can experience as an individual often comes from the deepest wounds you will experience in your life.
24. We must open ourselves to doing the work that will support a lifetime of grief.
25. It's about truly living while grief still exists in us.
26. Time may dull the pain, but it doesn't give purpose to the hurt and pain you've felt. It doesn't help you grow.
27. At its core, grief must be felt and experienced on an individual level for us to genuinely appreciate the magnitude of this emotion.
28. But healing from loss is not defined by how closely we're able to reconstruct our before lives. We must define our healing using a new perspective of who've we become because of our loss.
29. When we've touched the most intimate, tender core of our own souls, this results in deeper compassion and a more intimate connection even to people we do not know.
30. In your grief, your job is to find a way to continually cultivate healing in your life and recognize that your grief will always be with you.
31. And, just maybe, your heart will be expanded because of it.