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Gratitude in Grief: Finding Daily Joy and a Life of Purpose Following the Death of my Son

Kelly S. Buckley

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Gratitude In Grief chronicles a mother's journey into the unimaginable, the death of her son. The book is a personal journal of reflection in the days following the death, and the unexpected approach she took in dealing with her grief that changed her forever. To the surprise of many, this mother made a choice to look for "one little thing" to be thankful for each day while coping with her loss. This daily gratitude changed the process of her grief, but also sparked a reflection on life, purpose and faith that has changed the author forever. By documenting the events surrounding her son's death in the days and months afterwards, Kelly Buckley gives readers a first hand glimpse at the unbreakable bonds of love, the power of gratitude and the freedom that purpose in your life grants you. Through heartache and humor it provides hope and a nontraditional path through grief for those suffering loss in their own lives. An absolute read for anyone experiencing loss and a wake up call for others to be present in your life, to listen to your inner voice, and to live your life to the fullest.

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