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The Loneliest Walk: Managing the Pain of Grief

Mary Jo McCabe, Bhrett McCabe

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The Loneliest Walk: Managing the Pain of Grief Mary Jo McCabe, Bhrett McCabe
Words cannot explain the heartache felt following the death of a loved one, and it challenges the essence of who you are on a physical, emotional, and spiritual level. Grief is a personal journey, defined by feelings of isolation from the world and uncertainty of what the future holds without your loved one here. Based on the teachings of The Guides, Mary Jo and Dr. Bhrett McCabe accompany you on your walk by sharing insights and perspectives in order to work through the pain of grief. It is The Loneliest Walk of your life - Do Not Walk It Alone.

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