



MUM MOMENTS: Journey Through Grief

Judy Taylor

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If you have lost someone close then you know how it feels. Grief is hard.

You may feel totally alone in your feelings ... it hurts ... grief can be so overwhelming.

Judy Taylor lost her mother suddenly and found herself on a raw and confronting rollercoaster of emotions and feelings which completely took her by surprise.

She started writing a journal as a way to cope and found her honest, raw expression of feelings helped her ride those waves of grief. As she shared her journal with friends and colleagues she was touched that her words also had a profound healing affect on those dealing with the death of a loved one.

Perhaps Judy's words can help you, too.

Testimonials:

"Your book helped me through my darkest hours more than you will ever know. I mean it from my heart."

"Wow so comforting. I couldn't put your book down..."

"After reading this, I guess I'm normal..."

"I can't tell you how much better I feel from reading your book, I hope it helps a lot more people..."

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From reader reviews:

Terry Matlock:

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Robert Henderson:

In this 21st centuries, people become competitive in every way. By being competitive currently, people have do something to make these survives, being in the middle of typically the crowded place and notice by simply surrounding. One thing that often many people have underestimated it for a while is reading. Yes, by reading a publication your ability to survive improve then having chance to stay than other is high. For yourself who want to start reading any book, we give you this particular MUM MOMENTS: Journey Through Grief book as nice and daily reading guide. Why, because this book is greater than just a book.

Michael Watkins:

Reading a guide tends to be new life style with this era globalization. With examining you can get a lot of information that may give you benefit in your life. Having book everyone in this world can certainly share their idea. Textbooks can also inspire a lot of people. A great deal of author can inspire their very own reader with their story or their experience. Not only situation that share in the guides. But also they write about the knowledge about something that you need example. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors on this planet always try to improve their skill in writing, they also doing some investigation before they write to the book. One of them is this MUM MOMENTS: Journey Through Grief.

James Martin:

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