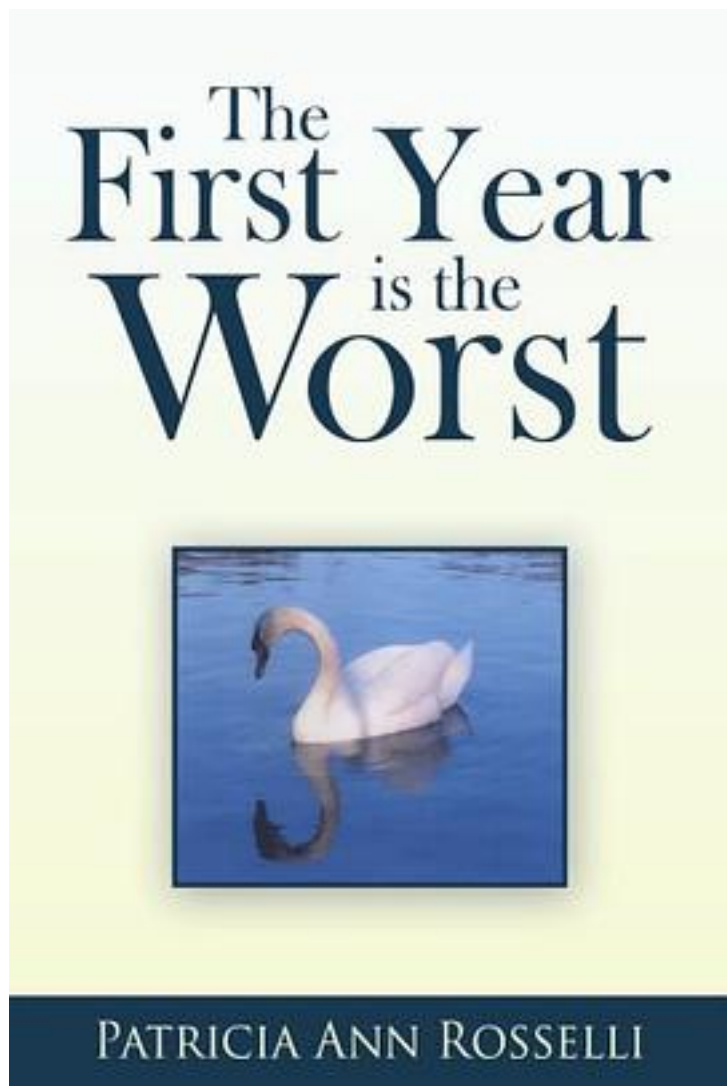


The First Year Is The Worst



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Anticipation of death or anniversaries of the death of a loved one can be worse than the actual event. Having said this, it doesn't mean actual events such as anniversaries of a loved one's death should not be acknowledged, they should be. Make your own tradition of memories and celebrate the lives of your loved one in the way shape and manor that works for you. As time passes, some memories are still even clearer. Hold on to those times and clear the closet in your mind of any negative thoughts. You have permission to be sad as long as you need to be, yet you also have permission to get on with your own living. Make a list of the things and ideas you have for your living your life. As you achieve these goals and cross of your list, add more, do more, and therefore you are living. This book is definitely a quick read if you choose for it to be. My wish for you is that you choose to take some time and invest in your feelings only to unfold yourself. When you start to take inventory of your soul and priorities, write it and you will have a reference forever. Think about rainbows, butterflies, and snowmen.

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