



# MUM MOMENTS: Journey Through Grief

*Judy Taylor*

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**MUM MOMENTS: Journey Through Grief** Judy Taylor

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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#### **Helen Woodyard:**

The reserve untitled MUM MOMENTS: Journey Through Grief is the reserve that recommended to you you just read. You can see the quality of the guide content that will be shown to an individual. The language that article author use to explained their ideas are easily to understand. The copy writer was did a lot of investigation when write the book, hence the information that they share for you is absolutely accurate. You also might get the e-book of MUM MOMENTS: Journey Through Grief from the publisher to make you far more enjoy free time.

#### **Roberta Granger:**

Playing with family inside a park, coming to see the water world or hanging out with buddies is thing that usually you have done when you have spare time, subsequently why you don't try point that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love MUM MOMENTS: Journey Through Grief, it is possible to enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its named reading friends.

#### **Marsha Gleason:**

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