

## Mindfulness and Grief: Meditations

- **Author** - Heather Stang, MA, C-IAYT

Coping with grief and loss is one of life's greatest challenges. At times, it may seem overwhelming and impossible to navigate.

This inspirational grief book by [Heather Stang, MA, C-IAYT](#), offers real-life stories and mindfulness-based techniques to help you reduce your suffering even during the toughest of times.

Whether you are new to meditation or have been practicing for decades, Mindfulness & Grief will not only help you in the short term, it will teach you how to live your life more fully even in the wake of loss.

[Visit Mindfulness and Grief Website to Purchase](#)

