# HEALING YOUR GRIEF

Taking positive steps toward healing grief is difficult, especially when the world as you know it has changed. Many people ask what we think is more effective in transforming grief, the *Love Knows No Death* workbook, or the experience at a Grief Retreat Weekend. The short answer is that both are effective, but more powerful when combined.

The following is a brief comparison:

LOVE KNOWS NO DEATH WORKBOOK VS GRIEF RETREAT
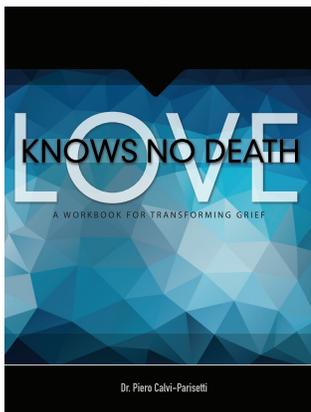
Love Knows No Death Workbook is a one-of-a-kind project that incorporates a workbook that is reinforced by powerful videos, all designed to change the way you think about death. Cognitive behavior therapy has shown to be a powerful tool, as is the *Continuing Bonds* approach, and this workbook draws its inspiration from these disciplines. You can move along at your own pace, in the privacy of your own home, and take as much time as you need for the information to be absorbed. The project was the brainchild of medical doctor Piero Calvi-Parisetti and took several years and countless hours to complete. Most importantly, it has helped to make a difference in the lives of many who grieve the loss of a loved one.

Forever Family Foundation's Grief Retreat Weekends are for those who wish who take their grief transformation to the next level. These are intimate weekends held in both Connecticut and Florida, and attendees are nurtured by certified mediums, grief professionals, and metaphysical practitioners. Every part of the weekend is designed to foster one's own direct communication with the unseen world, educate all about the evidence for life after death, and provide support for those in grief. Best of all, attendees are surrounded by others who walk in their shoes and who often share personal experiences that their friends and family might label as "crazy" or "wishful thinking." Our grief retreats have been making a difference in people's lives since 2008, and Forever Family Foundation is blessed to witness the transformations.

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