



## **My Journey Through Grief and Back**

Marilyn Graffe



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#### My Journey Through Grief and Back Marilyn Graffe

I began this book as a journal I wrote to help me deal with my husband's death. Then my Brother started telling me I should write a book. I also had encouragement from my Dad and Sister. The book includes writings and some drawings of our grandchildren telling their feelings about losing their Grandpa. I am hoping this writing will encourage others when they lose someone dear to them. Grief never goes away, but you learn to deal with it.

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