



# Lead Me Home: An African-American's Guide Through The Grief Journey

*Carleen Brice*

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When a loved one dies, we embark on a journey that is marked by anguish, confusion, fear, and loneliness. For African Americans, the grief journey often includes more complicated and painful emotions: frustration with the knowledge that black men and women have a greater chance of dying from major common diseases than their white counterparts; anger at the frequency of drug- and violence-related deaths; and the collective grief of a community that has buried too many of its young people.

In *Lead Me Home*, Carleen Brice gently guides you through the strange terrain of grief to the promise of home—a place where we have not only survived our losses, but are wiser and stronger because of them. She shares her personal story of loss and recovery, as well as the stories of others, so that you will know you are not alone. Here are practical tips for making difficult passage, as well as spiritual inspiration for helping you hang on until you make it to welcoming shores.

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