

Who Am I Now? Reflections on Spirituality and Grief

Book Background: In *Who Am I Now? Reflections on Spirituality and Grief*, psychotherapist and religious studies scholar Kelley Raab offers a deep appreciation of the importance of grieving our losses. The death of her mother propelled her on a spiritual search for purpose and identity. Along the way, she discovered previous, unmourned losses that interfered with her ability to experience joy and hope. Inspired by her seamstress grandmother, Kelley uses a quilting metaphor to sort out the layers of her grief. The book's blend of research, memoir, art, and poetry weaves a skillful tapestry, offering key insights into the psychology and spirituality of grieving.

Biography: Kelley A. Raab was born in Utah and grew up in Pennsylvania and New York. She attended Colgate University, where she completed her BA in biology. She earned three graduate degrees: an MDiv from Chicago Theological Seminary, an MA from the University of Chicago Divinity School, and a PhD in religious studies from the University of Ottawa. She taught religious studies for over twelve years and worked as a mental health chaplain for over fourteen years. Post-retirement, she has a private practice in psychotherapy. She currently lives in Ottawa, Ontario.

Kelley Raab won a 2025 Top 100 Notable Book Award, Shelf Unbound, dedicated to excellence in independent and small press publishing.

Endorsements: “Like a master quilter, Raab weaves the power of storytelling with the teachings and wisdom within the field of grief psychology and spirituality. Through her own story, we learn how past losses inform how we navigate present-day loss. Raab openly displays how the death of her mother catapults her into a life reckoning: a reckoning about where she’s been, the role of spirituality, career decisions, and how she wants to live her life. This is a highly accessible and engaging read for any griever, but especially helpful for those feeling untethered by the loss of a mother.”

Julie Brown, RP, Registered Psychotherapist, Peterborough, Ontario (Co-host of “What now? On the Threshold of Life, Death and Grief” podcast)

“Kelley Raab’s story of family loss came to me just as my own mother died. This book—beautifully written and deeply felt—helped me cope. A great strength lies in its multiple voices. Dr. Raab gives us spiritual reflection, life narrative, academic analysis, original poetry, and stories—even a fugue! The creativity of the memoir dazzles! By exploring the link between grieving and self-knowledge, the author forges pathways to healing and models the power of art to craft legacy from loss. The book left me richer.”

Catherine M. Roach, Distinguished Research Professor, The University of Alabama

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