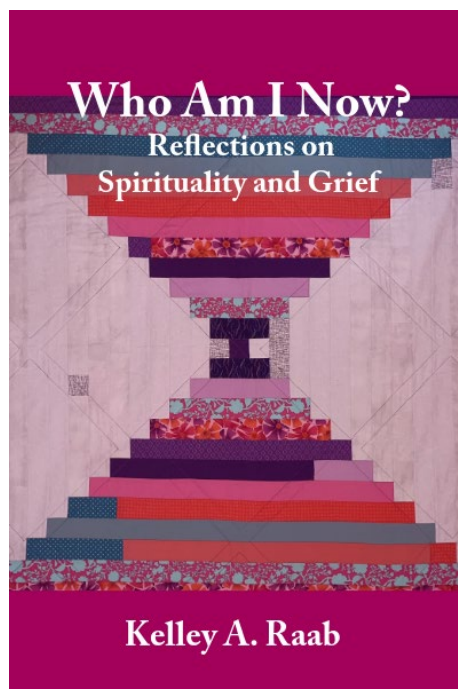
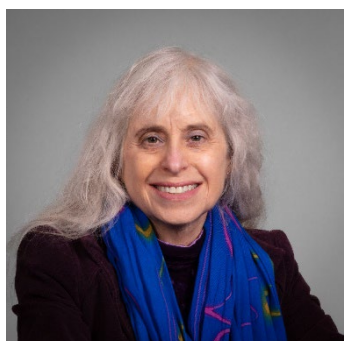
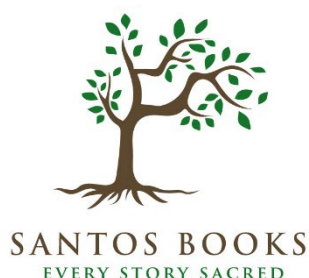


Who Am I Now? Reflections on Spirituality and Grief



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. The book's blend of research, memoir, art, and poetry weaves a skillful tapestry, offering key insights into the psychology and spirituality of grieving.

"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)

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