

The resolution of a grief is not a single event, but a journey. When our grief began, our mental, emotional, and even physical processes became impaired. The journey then begins to return us not to what we were, for grief leaves an indelible mark, but to a place of sanity where growth can take place. The destination may never be found, but the journey nevertheless must be travelled. This book is the last of three by Jan Kolb that have dealt with grief. The first was *In Corridors of Eternal Time: A Passage Through Grief* and the second, *Solace of Solitude: Afterlife Visits*. *A Pilgrim on Lifes Road: Guidance for the Traveller* completes the authors wanderings and travels to the place where questions and aberrant thoughts have been dealt with. This does not mean that there is an end to grief. It does mean that grief has achieved a new dimension and now contains elements of resolution. In resolving the many faces of grief we find that new avenues of experience have developed new levels of understanding. This book describes some of the rest-stops that are helpful in achieving this resolution. The author compares these rests along our travel road to beads on a Rosary. These become the meditational areas of consideration as we travel this road toward quieting the grief that has struck us down. They include discussions and reflections on Devotion, Forgiveness, Imagination, Transformation, Hope, Gentleness, Wonder, Beauty, and Compassion. It also includes a discussion on the final experience of Death. Like many of lifes experiences, grief will not be eliminated or forgotten, but by travelling through the experience in a controlled and meditational way, it can actually become an enhancer rather than a destroyer. The road here presented is well marked, with directional road signs, rest areas, and companionships to help the traveller achieve release from the bonds caused by grief. Help is here. Open yourself to receive that help. True help is not just an opiate for pain, but a well-thought-out plan to achieve goals. In *A Pilgrim on Lifes Road* youll find that help. adapted from *A Word In Preparation* by Robert A. Kolb Jr. ISBN: 1-57733-176-1 Endorsements Janice Gray Kolb writes from her heart with honesty and a lack of pretense. *A Pilgrim on Lifes Road* offers suggestions for dealing with grief that feel like they are coming from a trusted old friend. Janice shares the details of her own personal journey and describes how journaling, meditation, prayer, and honoring the sacredness of all life - plant, animal and human - can help one to work through and transcend the pain of grief. Sue L. Peterson Enchanting! In *A Pilgrim on Lifes Road*, Janice Kolb takes your hand and walks you through a magic window into the fourth dimension where life extends beyond ones earthly line of vision. The third book in her trilogy on grief, Kolb is now in the calming period of acceptance that life must go on but just because a loved one is deceased does not mean they are gone from our lives. Kolb doesnt urge or prod the reader to take this journey (or this view of things), but if you are so inclined, she reaches out to hold your hand and walks with you, telling you her stories of dreams, prayer, connecting with the afterlife, with love as the key factor. She gives you time to reflect by writing your thoughts (she encourages journaling in almost all of her books) and shares her poetry that comes to her in moments of wonder. Once again her beloved cat, Rochester, graces the pages of this book (you can feel his presence) and to whom she fully acknowledges, is her guide and angel. If ideas and thoughts like this are on the tip of your mind but you arent sure if you want to jump in, know that Kolb is there already swimming in the luxuriance of her beliefs and you will be safe by her side. For those who have read Kolbs other books, this one is a continuance of the others yet, at the same time, all new. Jeanne Quin

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