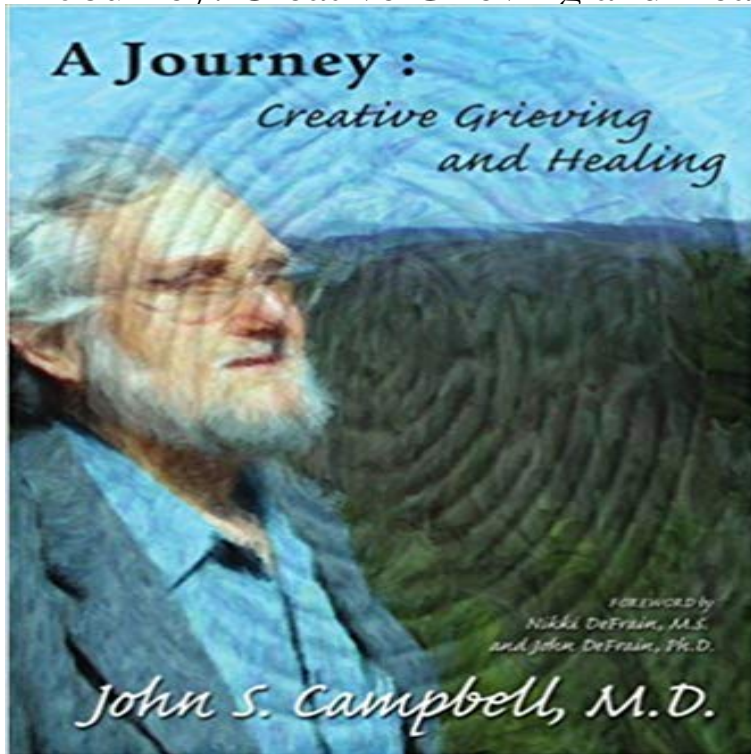


A Journey: Creative Grieving and Healing



All of us repeatedly grieve, heal, and reinvent ourselves throughout our lives. Being aware of, and active in, this inherent aspect of our existence I believe to be a less painful and more satisfying way of living than blindly struggling with, or resisting, these natural processes.-John S. Campbell, M.D., author of *A Journey: Creative Grieving and Healing*. We all die, he seems to be telling us. What is far more important is that we live a meaningful life before that time comes. We all need to dig deep to find our own wisdom so we may understand what John is telling us.-Nikki DeFrain, M.S, and John DeFrain, Ph.D. from their Foreword.

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