



The Shadow of Grief
Finding Your Way Back

**Lecture Series with
Linda McDonald**
Certified Grief & Crisis Intervention Counselor

**Guidance & Support for
all Stages and Forms of Grief.**

Four Workshops

Additional supportive tools available to participants:
Lectures Journal and Teddy's Sleeping Angel

Lecture inquiries
and scheduling:
415.271.4869

Learn more at www.lindamcdonaldauthor.com

Living with Grief & Stress

Where does grief and stress start?

"Once you face your fears, nothing, is ever as hard as you think."

Olivia Newton John

One of the wonderful things about traveling the world is the honor of meeting and sharing stories with fellow travelers. People always ask me what I do for a living, and I tell them I specialize in grief and stress counseling and lecturing. Without exception that opens the door for them to share their story about their loss. It is amazing how many of us have a story to tell.

Recently, I was on a cruise talking with a young woman from Korea. Her father had just died suddenly. She was unable to go home to say goodbye since she was the primary support for her family. She explained she was never allowed to be close to her father because he wanted sons not girls. She said she loved her father and tried hard to make him proud, but was unable to reach him.

She was crying as she told me her story, she said she had written a poem to him. I told her about our newsletter, and she asked if I would share her poem. I said yes. I hope it touches your heart has it touched mine.

Warmest regards,

Linda McDonald

Inspirational Quote

*Grief never ends but it changes.
It is a passage not a place to
stay. Grief is not a sign of
weakness nor a lack of faith.
It is the price of love.*

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Sharing Our Stories

For Papi

I know your days are numbered but my heart is slumber.

Built by times you given us pain
But never will I forget in your own little ways
you genuinely showed you cared.
I had a million ways and reasons to hate you
but those small rays of light I treasure had the
courage to say how I felt or would say to have a
happy journey to the end.

But I am too scared and take a comfort in my
own insecurities, those words left unuttered.
Here I am thousands of miles away to even
touch your hand, lifeless and cold.
Never will I feel the warmth of your embrace
again.

Pining my days for those words unsaid.
These tears could not comfort my inconsolable
soul.

And tantamount regrets I could not bear.
Your memories will always be in my heart to
hold.

I will save all the stories I have every day and
the journey that I have been to around the
globe.

One day we will have time of eternity to share,
we will sit and talk.
Until we meet again.

Love, your daughter

**Please feel free to contact me
at any time if you would like to
share your story with me .**