

2019 CATALOG



Featuring nonfiction books
about true life experiences

HOME OF THE AWARD-WINNING
GRIEF DIARIES ANTHOLOGY SERIES

www.AlyBlueMedia.com

ABOUT ALYBLUE MEDIA

AlyBlue Media, LLC was founded in 2013 by Lynda Cheldelin Fell, a mother who lost her teenage daughter Aly in a car accident in 2009. Overcome with grief, Lynda's 46-year-old husband suffered a stroke that left him with lifelong disabilities. Seeing the world through a filter of sorrow, Lynda found comfort by reading stories about others who shared her experience. When she was invited to share her journey in an anthology, Lynda discovered how to harness the power of storytelling as a healing modality. She founded AlyBlue Media soon after—a nod to her late daughter's name and favorite color—to house her growing endeavors that now span global speaking, teaching, radio, film and books.

Dedicated to publishing nonfiction stories, AlyBlue Media takes readers into the world of true experiences to shed insight on relevant issues—and bring comfort to those who feel alone. Candidly written from nonclinical viewpoints, family members will gain better understanding, professionals will appreciate the rich spectrum of journeys, and readers who share the same path will find hope for the future.

AlyBlue Media now houses the largest collection of stories about overcoming loss in the world. For more information about ordering titles, contact lynda@alybluemedias.com.



www.AlyBlueMedia.com

ABOUT GRIEF DIARIES

Grief Diaries is a ground-breaking anthology series featuring true stories about life losses and the many ways such losses impact our future. The diverse collection of stories raise awareness and shed critical insight into different types of losses while offering comfort and hope to readers who share the same path.

The series began with a handful of books featuring common losses experienced by people around the world. Over a hundred people in six countries joined and the first eight books were published in December 2015. Now home to more than 700 writers in 11 countries, Grief Diaries and its sister series Real Life Diaries have earned five literary awards and currently has 35 titles in print.



It's important that we share our experiences with other people. Your story will heal you, and your story will heal somebody else.

IYANLA VANZANT

NEW YORK TIMES BESTSELLING AUTHOR & HOST
OF THE AWARD-WINNING SHOW "FIX MY LIFE"

www.AlyBlueMedia.com

REVIEWS

I want to say to Lynda that what you're doing is so critically important.

DR. BERNICE KING
DR. MARTIN LUTHER KING'S DAUGHTER

"INSPIRATIONAL . . . Grief Diaries is the result of heartfelt testimonials from a dedicated and loving group of people. By sharing their stories, the reader will find inspiration and a renewed sense of comfort as they move through their own journey." -Candace Lightner, Founder of Mothers Against Drunk Driving

"DEEPLY INTIMATE . . . An authentic collection of narratives that speak to the powerful, often ambiguous, and wide spectrum of emotions that arise from loss." -Dr. Erica Goldblatt Hyatt, Chair of Psychology, Bryn Athyn College

"MOVING.... In Grief Diaries, the stories are not only moving but often provide a rich background for any mourner to find a gem of insight that can be used in coping with loss. Reread each story with pen in hand and you will find many that are just right for you." - Dr. Louis LaGrand, Author of Healing Grief, Finding Peace

"HEALING... Grief Diaries gives voice to a grief so private, most women bear it alone. These diaries can heal hearts and begin to build community and acceptance to speak the unspeakable. Share this book with your sisters, mothers, grandmothers and friends who have faced grief. Pour a cup of tea together and know that you are no longer alone." - Dianna Vagianos Armentrout, poetry therapy practitioner & Author of Walking the Labyrinth of My Heart: A Journey of Pregnancy, Grief and Infant Death

“POWERFUL . . . Lynda Cheldelin Fell and others share powerful stories. I couldn’t put it down. Instead of case studies, we get to hear from these women themselves.” -Darragh Doiron, Life Editor - Port Arthur News

“INCREDIBLE...Thank you so much for doing this project, it’s absolutely incredible!”
-Julie Mjelve, Founder of Grieving Together

“STUNNING . . . Grief Diaries treats the reader to a rare combination of candor and fragility through the eyes of the bereaved. Delving into the deepest recesses of the heartbroken, the reader easily identifies with the diverse collection of stories and richly colored threads of profound love that create a stunning read full of comfort and hope.” -Dr. Gloria Horsley, Founder & President of Open to Hope Foundation

“HOPE . . . These stories reflect the authentic voices of individuals at the unexpected moment their lives were shattered and altered forever. Moments of strength in the midst of indescribable pain, resilience in the midst of rage; hope while mired in despair; each of which remind us by never giving up.” -Sheriff Sadie Darnell, Chair of Florida Cold Case Advisory Commission

“HOPE AND HEALING . . . You are a pioneer in this field and you are breaking the trail for others to find hope and healing.” -Kristi Smith, Bestselling Author & International Speaker

“WONDERFUL . . .Grief Diaries is a wonderful computation of stories written by the best of experts, the bereaved themselves.” -Dr. Heidi Horsley, Adjunct Professor, School of Social Work, Columbia University, Grief Expert, Author, and Co-Founder of Open to Hope Organization

“CRITICALLY IMPORTANT . . . A critically important collection written by the best of experts, the bereaved themselves. Who better to instruct family and friends on how to be helpful in the aftermath? Just brilliant.” -Mary Lee Robinson, Certified Grief Coach and Founder of Widowlution



Grief Diaries Through the Eyes of a Widow

ISBN: 978-1944328641

RELEASED: March 2019

6 x 9 inch | 269 PAGES

Retail: \$16.95

Widows in today's world find little support to recover and adapt to a life they didn't plan. Where do they turn for help? How do they face the future and rebuild their lives? **Through the Eyes of a Widow** is a collection of stories by widows across the globe. Each shares her own personal insight into the hidden and often unspoken challenges of losing a husband, including the emotional, mental and social shifts she's forced to reckon with in the aftermath. With poignant narration, each shares the truths of her loss, and the hope she finds along the way. Foreword by Maryanne Mueller.



Grief Diaries Surviving Loss of a Spouse

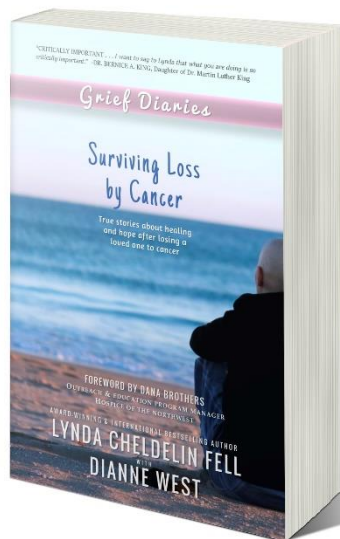
ISBN: 978-1944328016

RELEASED: Dec. 2015

6 x 9 inch | 290 pages

\$14.95

Surviving Loss of a Spouse features the poignant journeys of 15 men and women as they move through the aftermath of losing a husband or wife. Each narration offers a firsthand account of how each widow and widower faced the funeral, handled his or her spousal belongings, navigated the year of firsts, and how each fought to find hope in the aftermath. Foreword by award-winning playwright Carol Scibelli, author of *Poor Widow Me*.



Grief Diaries Surviving Loss by Cancer

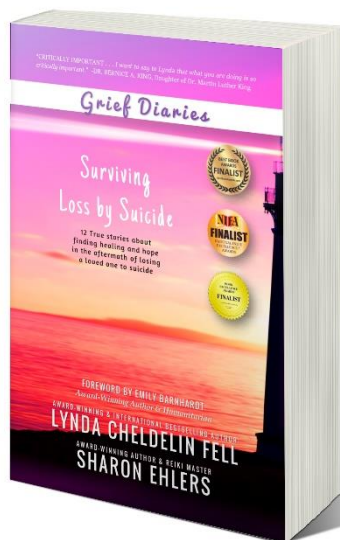
ISBN: 978-1944328818

RELEASED: Sept. 2018

6 x 9 inch | 292 pages

Retail: \$15.95

Over 600,000 Americans die from cancer every year, leaving loved ones with heavy hearts. **Surviving Loss by Cancer** offers inspiring real-life stories about caring for a loved one living with cancer all the way through to their final breath, and beyond. Filled with compassion and understanding, the collection of stories serve as a life raft in the storm of emotions, and offer readers hope, strength, courage as they too face life after losing a loved one to cancer. Foreword by hospice director Dana Brothers.



Grief Diaries Surviving Loss by Suicide

ISBN: 978-1944328030

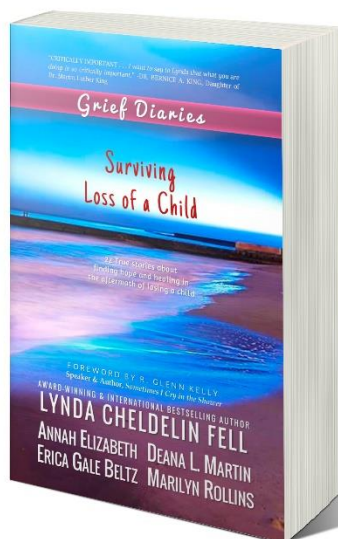
RELEASED: Dec. 2015

6 x 9 inch | 300 pages

\$15.95



Three-time medalist, **Surviving Loss by Suicide** examines the after-math of losing a loved one to suicide from the perspective of 12 different people. Candidly voicing their thoughts and emotions through the funeral and beyond, each writer gives voice to a taboo journey shared by millions. Foreword by award-winning author and suicide prevention advocate Emily Barnhardt.



Grief Diaries Surviving Loss of a Child

ISBN: 978-1944328009

RELEASED: Dec. 2015

6 x 9 inch | 410 pages

\$16.95

Surviving Loss of a Child shares the poignant journeys of 22 women as they search for healing and hope after losing a child. Exploring how each mother faced a journey they couldn't fathom, *Surviving Loss of a Child* offers comfort and hope and is a reminder to others who find themselves facing the same journey that they can survive. Foreword by Grieving Men's R. Glenn Kelly.



Grief Diaries Will We Survive?

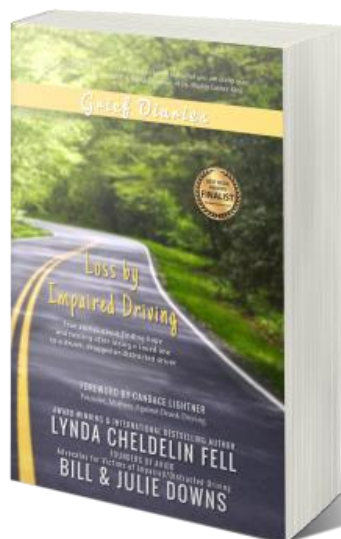
ISBN: 978-1944328511

RELEASED: Dec. 2016

6 x 9 inch | 310 pages

\$15.95

Will We Survive offers a unique glimpse into the impact on parents and their marriages and relationships following child loss. Fifteen bereaved parents share the struggles they faced in the aftermath including blame, coping differences, intimacy, and more. Excellent when paired with *Surviving Loss of a Child*.



Grief Diaries
Loss by Impaired Driving

ISBN: 978-1944328269

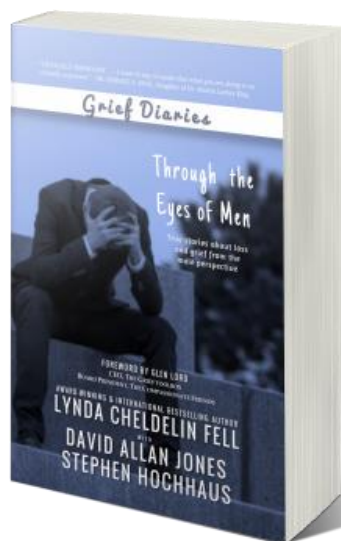
RELEASED: June 2016

6 x 9 inch | 330 pages

\$15.95



A silver medalist in the 2016 USA Best Book Awards, **Loss by Impaired Driving** examines the journeys of 17 men and women who lost one or more loved ones to a drunk, drugged or impaired driver. A must read for young, new drivers and for AA groups. Foreword by Candace Lightner, founder of MADD.



Grief Diaries
Through the Eyes of Men

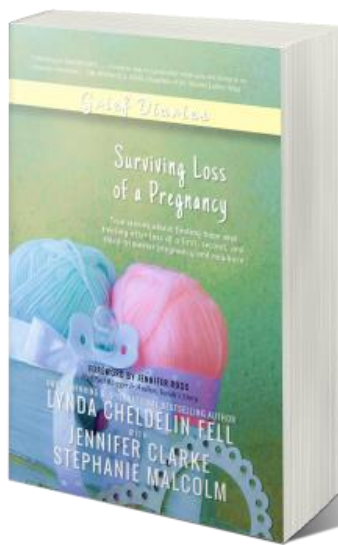
ISBN: 978-1944328481

RELEASED: Dec. 2016

6 x 9 inch | 284 pages

\$15.95

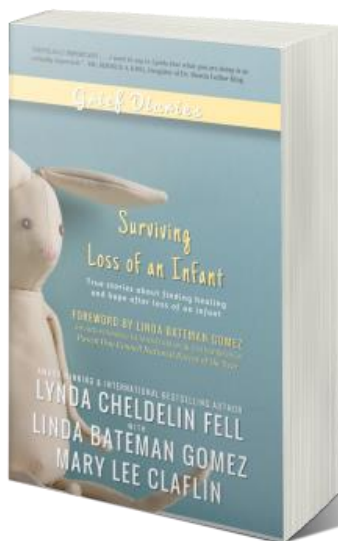
Breaking the man code and offering readers an inside look into the hidden world of male grief, **Through the Eyes of Men** features the stories of 14 men of different ages who tackle the tender subject of male bereavement from the very moment their lives changed with a loved one's death. Foreword by Glen Lord, past president of the national board of directors of The Compassionate Friends.



Grief Diaries Surviving Loss of a Pregnancy

ISBN: 978-1944328061
RELEASED: June 24, 2016
6 x 9 inch 300 pages
\$15.95

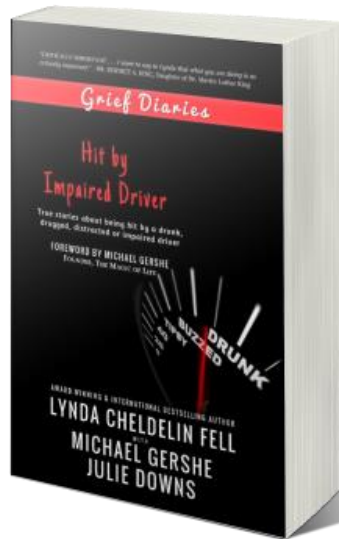
Surviving Loss of a Pregnancy features the stories of mothers seeking to find hope and healing in the aftermath of losing first, second, and third trimester pregnancies and stillbirths. Foreword by author and HuffPost contributor Jennifer Ross. Coauthored by Jennifer Clarke, obstetrical R.N. and bereavement minister Stephanie Malcolm.



Grief Diaries Surviving Loss of an Infant

ISBN: 978-1944328047
RELEASED: Dec. 16, 2015
6 x 9 inch 232 pages
\$14.95

Surviving Loss of an Infant features the journeys of 11 mothers through the aftermath of losing a baby ranging in age from newborn up to 24 months. The narrations offer a firsthand account of how each mother faced the holidays, handled her baby's belongings, the impact on her health, relationships and more. Foreword by National Parent of the Year Linda Bateman Gomez.



Grief Diaries Hit by Impaired Driver

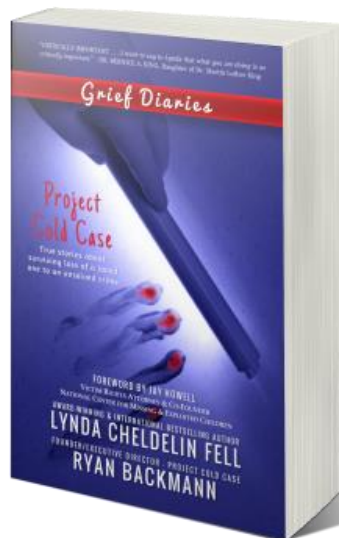
ISBN: 978-1-944328-49-8

RELEASED: June 1, 2017

6 x 9 inch | 308 pages

Retail: \$15.95

Grief Diaries: Hit by Impaired Driver offers 19 compelling true stories about what it's like to be hit by a drunk, drugged, distracted, or impaired driver. Offering candid insight into how they coped with the aftermath, each story reveals a harsh glimpse into what happens when bystanders ignore the obvious and refuse to take the keys from an impaired driver.



Grief Diaries Project Cold Case

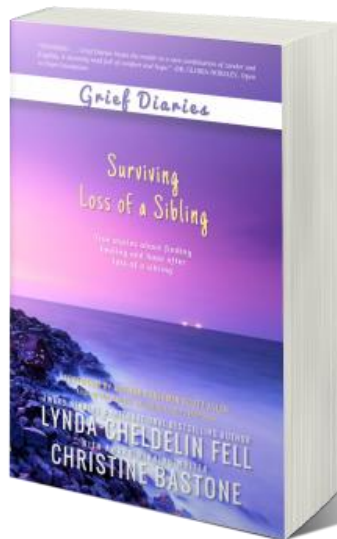
ISBN: 978-1944328474

RELEASED: Nov. 16, 2016

6 x 9 inch | 426 PAGES

Retail: \$16.95

Grief Diaries: Project Cold Case is a crime anthology featuring the stories of 22 active cold cases. Readers are taken inside the chilling aftermath of unsolved kidnappings and murder, revealing how surviving loved ones are forced to travel down a road that torments the already tormented mind, facing fresh heartache at every turn. Coauthored by Ryan Backmann, founder of the national nonprofit Project Cold Case.



Grief Diaries Surviving Loss of a Sibling

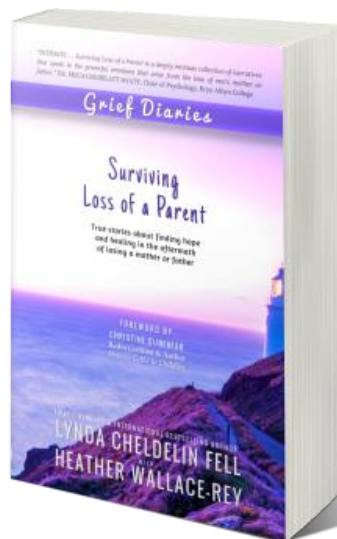
ISBN: 978-1944328023

RELEASED: Dec. 2015

6 x 9 inch | 258 pages

\$16.95

Losing a sibling is a heartbreak that leaves a hole in the fabric of every family. Facing a challenging journey that's often ignored yet no less tumultuous, the anguished needs of surviving siblings often get cast into the shadows behind the bereaved parents. Struggling through such emotions can be devastating lonely. **Surviving Loss of a Sibling** features the stories of 13 sisters and brothers as they fight to find the meaning of life without a sister or brother. Foreword by Benjamin Scott Allen.



Grief Diaries Surviving Loss of a Parent

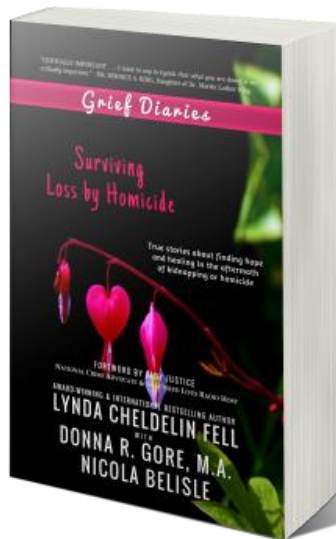
ISBN: 978-1944328078

RELEASED: Dec. 2015

6 x 9 inch | 248 pages

\$14.95

Whether one loses a parent in the natural order of life or it occurs much earlier than expected, the emotional aftermath can challenge our fears, familial relations, and even our sense of self. **Surviving Loss of a Parent** offers 17 firsthand accounts that yields a powerful look at how such losses can influence every aspect of our life. Foreword by radio host and author Christine Duminiak.



Grief Diaries Surviving Loss by Homicide

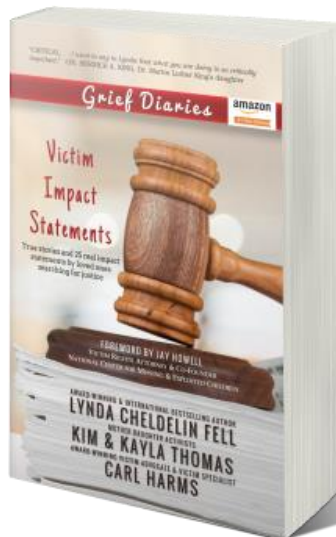
ISBN: 978-1944328146

RELEASED: June 2016

6 x 9 inch | 240 pages

\$15.95

Surviving Loss by Homicide shares personal accounts of coping with a violent tragedy, and sheds insight into the strength needed to stay afloat in the aftermath of intense heartache and rollercoaster of emotions ranging from shock, anger, sadness and disbelief to healing and hope. Foreword by radio host Lady Justice.



Grief Diaries Impact Statements

ISBN: 978-1-944328-53-5

RELEASED: June 2017

6 x 9 inch | 300 pages

\$15.95

Writing an impact statement is a critical opportunity to articulate the emotional aftermath of a crime. In **Victim Impact Statement**, award-winning advocate Carl Harms offers valuable tips on how to write such a testimonial, followed by a collection of true stories and 25 real statements that serve as examples for family and loved ones who find themselves searching for justice in criminal court. Foreword by Jay Howell, co-founder of the National Center for Missing & Exploited Children.



Grief Diaries Surviving Loss of a Pet

ISBN: 978-1944328726

RELEASED: Oct. 2017

6 x 9 inch | 312 pages

\$15.95

Surviving Loss of a Pet features heartwarming stories by 16 people who share their own journey through losing beloved cats, dogs and even a ferret, and along the way offer candid answers to a wide range of tender questions about pet burial, beliefs about afterlife, the ethics of euthanasia, and more. Each story invites readers into a pet-loving world where they're surrounded by compassion and understanding as they move through their own grief from losing a pet they loved.



Grief Diaries Hello From Heaven

ISBN: 978-1944328283

RELEASED: July 2016

6 x 9 inch | 342 pages

\$15.95

Hello From Heaven features fascinating true stories about the phenomena known as after-death communication. Narrated by 21 people from all walks of life, each story offers compelling accounts of different types of ADCs, and invite readers to consider the possibility that there is more to life and death than meets the eye. Foreword by after-death communication expert Chris Duminiak.



Grief Diaries Surviving Loss of a Loved One

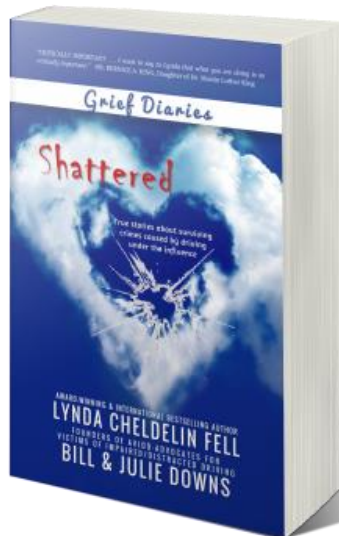
ISBN: 978-1944328139

RELEASED: Dec. 2015

6 x 9 inch | 238 pages

\$14.95

Surviving Loss of a Loved One offers true stories about the little discussed yet significant heartbreak experienced in the wake of losing cousins, uncles, nieces, grandchildren, best friends, partners, and more. Foreword by Maryellen Roach.



Grief Diaries Shattered

ISBN: 978-1944328375

RELEASED: Nov. 2016

6 x 9 inch | 494 pages

\$18.95

Desiring to raise awareness, **Shattered** features the stories by members of AVIDD who expose the raw yet powerful truth about the dangers of impaired driving. Each writer narrates the days leading up to—and the haunting life beyond—the devastating moment their lives were shattered by an impaired driver's choice to get behind the wheel with irreversible consequences.



Grief Diaries Grieving for the Living

ISBN: 978-1944328160

RELEASED: June 2016

6 x 9 inch | 274 pages

\$14.95

When a relationship with someone we love is filled with challenges, comes to an end, or fails to fulfill our dreams, we embark on a fragile journey that tests our fears, our future, and even our own sense of self. **Grieving for the Living** shares the poignant journeys of women seeking healing and hope after divorce, estrangement, alcoholism, mental illness, and more. Foreword by Rev. Deana L. Martin.



Grief Diaries How to Help the Newly Bereaved

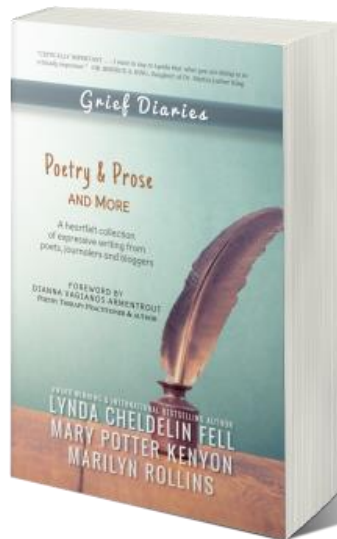
ISBN: 978-1944328092

RELEASED: April 2016

6 x 9 inch | 296 pages

\$15.95

When someone you know loses someone they love, what do you say? What can you do? **How to Help the Newly Bereaved** is a guide full of useful tips compiled by 22 women in the bereavement field who answer pivotal questions about what to say, what to do, and what not to say to someone facing loss. Foreword by Thomas Jack Barnette, founder of American International Television.



Grief Diaries Poetry & Prose and More

ISBN: 978-1944328559

RELEASED: Dec. 2016

6 x 9 inch | 408 pages

\$16.95

Poetry & Prose and More is a heartfelt collection of expressive writing by 18 women as they journey through different struggles including death and loss, mental illness, and more. Foreword by poetry therapy practitioner Dianna Vagianos Armentrout. Coauthored by author and speaker Mary Potter Kenyon and Marilyn Rollins.



Grief Diaries Surviving Loss of Health

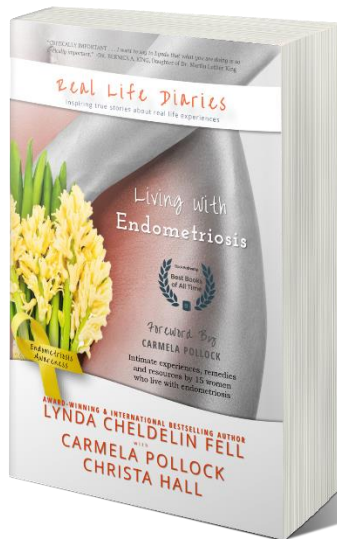
ISBN: 978-1944328085

RELEASED: Dec. 2015

6 x 9 inch | 222 pages

\$14.95

Surviving Loss of Health exposes the many ways that chronic health issues impact—and sometimes overwhelmed—the everyday life of 13 people living with breast cancer, rheumatic disease, fibromyalgia, lupus and more. Foreword by Layne Martin, R.N.



Real Life Diaries Living with Endometriosis

ISBN: 978-1944328528

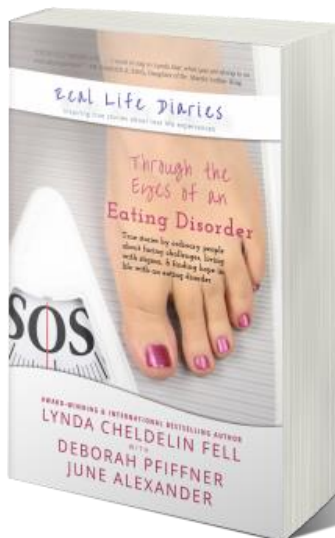
RELEASED: July 2017

6 x 9 inch | 302 pages

Retail: \$15.95



One of Book Authority's best books of all time, **Living with Endometriosis** offers 15 personal perspectives from women who live with the disease. The collection of stories share intimate experiences, helpful remedies and useful resources, and offer firsthand insight into managing life and finding hope beyond the clinical perspective. Foreword by Carmela Pollock.



Real Life Diaries Through the Eyes of an Eating Disorder

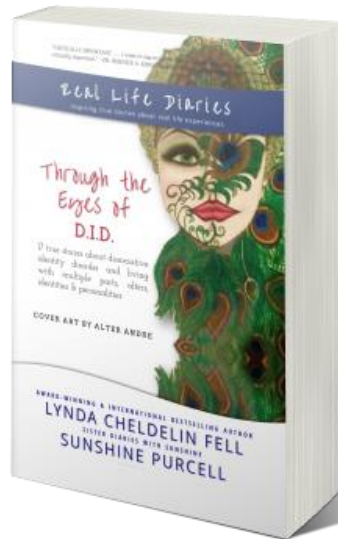
ISBN: 978-1944328276

RELEASED: July 2016

6 x 9 inch | 294 pages

Retail: \$15.95

Through the Eyes of an Eating Disorder features the stories of 13 women who struggle with anorexia nervosa, bulimia, and binge eating. Revealing the secrets of their devastating illness, the women expose the painful truths and how they found the courage and determination to overcome their powerful disorder. Foreword by Dr. June Alexander.



Real Life Diaries Through the Eyes of DID

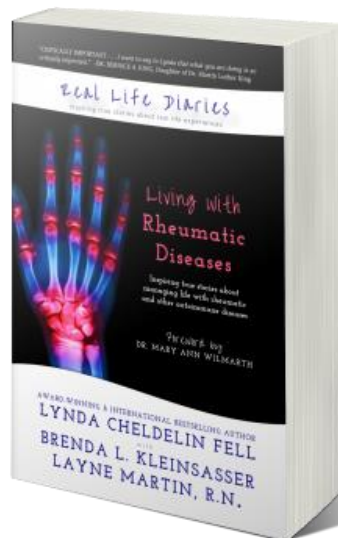
ISBN: 978-1-944328-31-3

RELEASED: Jan. 2017

6 x 9 inch | 346 pages

Retail: \$16.95

Through the Eyes of DID is a bold look at the unique psychological phenomenon of dissociative identity disorder. The 17 true stories reveal the unique challenges of what it's really like to share one body with multiple identities, how they get along with one another and, more importantly, cope as a team in a world of singulars.



Real Life Diaries Living with Rheumatic Disease

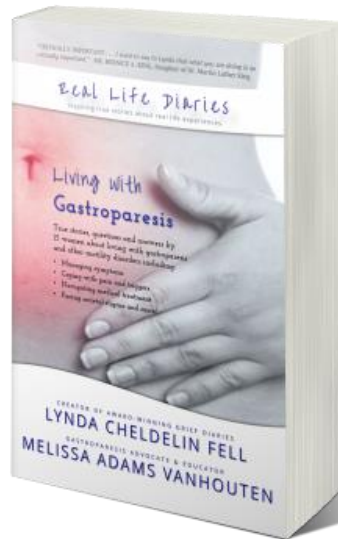
ISBN: 978-1944328696

RELEASED: Oct 2017

6 x 9 inch | 354 pages

Retail: \$15.95

Rheumatoid arthritis. Lupus. Polymyalgia rheumatica. Psoriatic arthritis. These are but a few of over 100 rheumatic diseases that cause the immune system to attack its own body. What triggers a flare and how are they managed? What treatments work best? In **Living with Rheumatic Diseases**, 11 men and women invite readers inside their lives to share how they manage simple tasks and activities of daily living amid chronic pain and inflammation while waiting for a cure.



Real Life Diaries **Living with Gastroparesis**

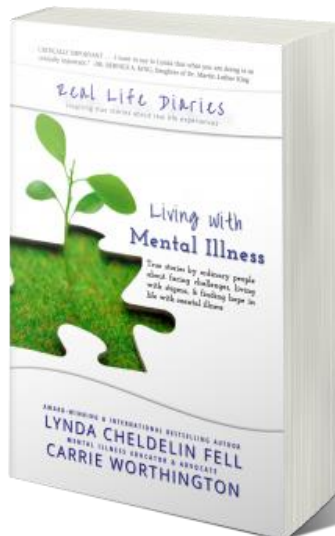
ISBN: 978-1944328801

RELEASED: Aug. 2017

6 x 9 inch | 512 pages

Retail: \$16.95

In **Living with Gastroparesis**, 15 women invite readers inside the misunderstood world of gastroparesis and other motility disorders. Answering candid questions about their life, each narration offers a nonclinical firsthand perspective for how each woman copes with a rare disorder and the unexpected ways she finds hope and strength to continue fighting a disease that literally starves patients to death.



Real Life Diaries **Living with Mental Illness**

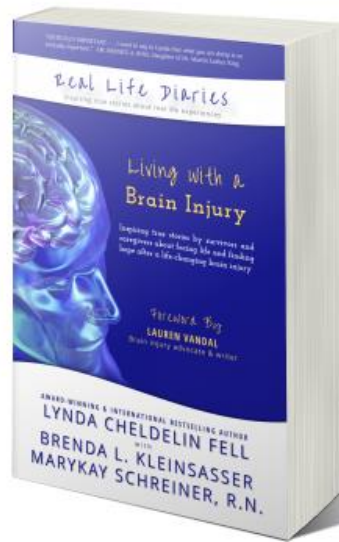
ISBN: 978-1944328504

RELEASED: June 2017

6 x 9 inch | 302 pages

Retail: \$15.95

Living with Mental Illness is a candid look at people living with anxiety, depression, bipolar, schizophrenia, trichotillomania, and other mental disorders. Confessing firsthand struggles, fears, and hopes, the heartfelt narrations offer firsthand insight into the diversity of mental illness from nonclinical perspectives, and highlights the unexpected ways ordinary people find strength, courage, and hope even when bound by societal stigma.



Real Life Diaries
Living with a Brain Injury

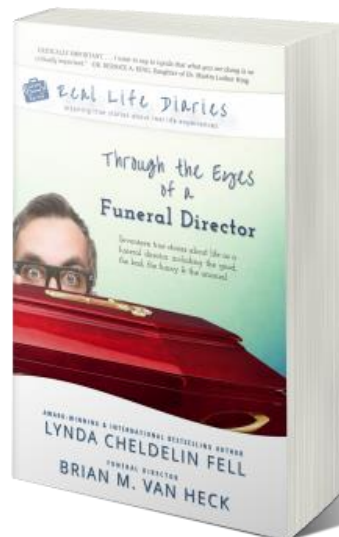
ISBN: 978-1944328320

RELEASED: Sept. 2016

6 x 9 inch | 388 pages

\$16.95

Living with a Brain Injury takes readers inside the world of 14 men and women who live with a permanent brain injury. Revealing the challenges each now lives with, the narrations shed critical insight into daily life after different kinds of brain injuries including sensory changes, social perceptions, emotional lability, and more. Foreword by brain injury advocate Lauren Vandal.



Real Life Diaries
Through the Eyes of a Funeral Director

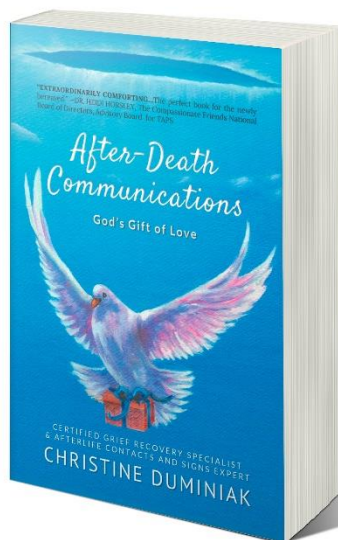
ISBN: 978-1944328436

RELEASED: Sept. 2017

6 x 9 inch | 322 pages

\$16.95

Through the Eyes of a Funeral Director features the stories of 17 funeral directors and embalmers who reveal a candid glimpse into the most unusual job in the world. Exposing the bad with the good, the funny and the unusual, and revealing the true joys of their job as a funeral director, the collection of heartfelt stories reveals the importance of one of the oldest and most sacred caregiving professions in the world.



After-Death Communication

God's Gift of Love

BY CHRISTINE DUMINIAK

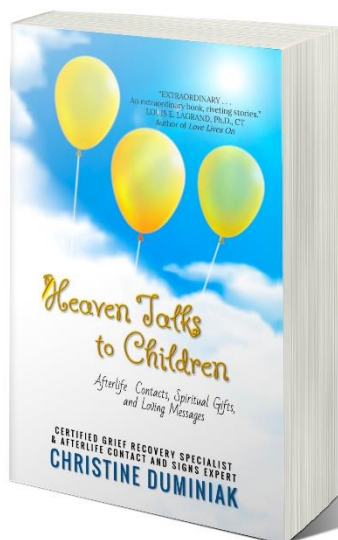
ISBN: 978-1944328702

RELEASED: June 2017

6 x 9 inch | 318 pages

\$15.95

Millions of people from every belief system have received afterlife signs from departed loved ones. Some contacts have even saved people from harm. In her book **After-Death Communication**, ADC expert Christine Duminiak compiled 130 compelling true stories of afterlife contacts. She explains 20 types of signs, how to receive a sign, what the Bible says about spiritual contacts, why bad things happen to good people, and gives valuable grief healing advice.



Heaven Talks to Children

Afterlife Contacts, Spiritual Gifts & Loving Messages

BY CHRISTINE DUMINIAK

ISBN: 978-1944328344

RELEASED: Nov. 2016

6 x 9 inch | 266 pages

\$15.95

In this fascinating book, ADC expert Christine Duminiak shares more than 100 true stories of children who've been contacted by deceased loved ones. The true testimonials help parents understand this common supernatural occurrence, and answers many questions including what it means to die.

Grammy Visits From Heaven



BY CHRISTINE DUMINIAK

ISBN: 978-1944328054

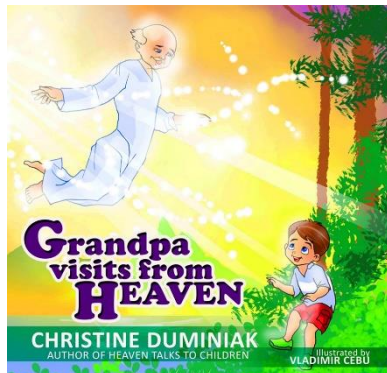
RELEASED: Nov. 2015

8.5 x 8.5 inch | 32 pages

\$10.99

Grammy Visits From Heaven is an endearing book about a relationship between a grandmother and her granddaughter, both before and after her death. It can help prepare children for any type of loss, and provide enormous comfort to children who are already grieving. In this beautifully illustrated book by certified grief recovery specialist Christine Duminiak, readers of all ages will enjoy the feel-good ending.

Grandpa Visits From Heaven



BY CHRISTINE DUMINIAK

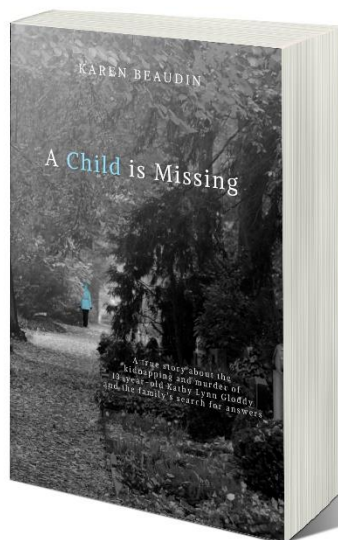
ISBN: 978-1-944328-75-7

RELEASED: June 1, 2017

8.5 x 8.5 inch 32 pages

\$10.99

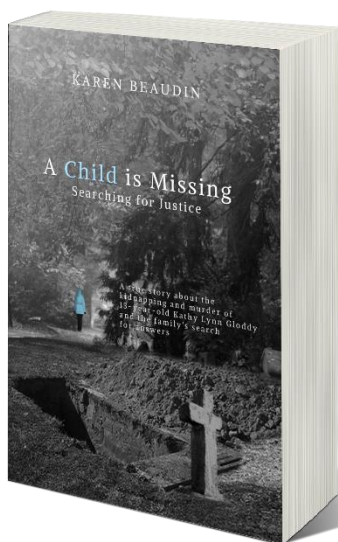
Grandpa Visits From Heaven is about an endearing relationship between a grandfather and his grandson both before and after the death of his Grandpa. It helps to prepare children for any type of loss, as well as provide an enormous amount of comfort to children who are already grieving. In this beautifully illustrated children's book by certified grief recovery specialist Christine Duminiak, readers of all ages will enjoy the feel-good ending.



A Child is Missing: A true story

BY KAREN BEAUDIN
 ISBN: 978-1944328900
 RELEASED: Nov. 2017
 6.7 x 9.6 inch | 232 pages
 \$16.95

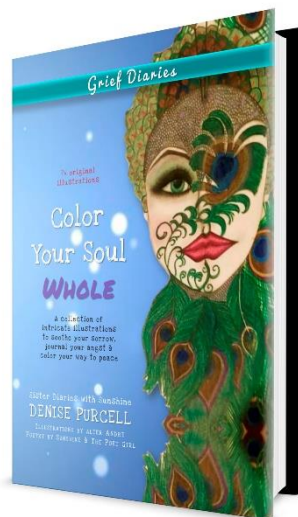
It was a cold November night in 1971 when 13-year-old Kathy Lynn Gloddy went missing. Her beaten and bruised body was found the next day. Author Karen Beaudin vividly recounts the horrifying details of her sister's death in this shocking true story of a small town stunned by the revelation of such a brutal crime, and a family devastated by her death. As Karen and her family search for justice, their faith will be tested in the battle against guilt, fear, and devastating grief that comes when they realize every family's worst nightmare.



A Child is Missing: Searching for Justice

BY KAREN BEAUDIN
 ISBN: 978-1944328733
 RELEASED: Aug. 2017
 6.7 x 9.6 inch | 278 pages
 \$16.95

Brutally beaten, raped, strangled, and run over by a vehicle, 13-year-old Kathy Lynn Gloddy was left naked in the woods three miles from home in November 1971. A Child is Missing: Searching for Justice is the result of 6 years of research and interviews conducted by Kathy's sister, author Karen Beaudin. Driven by the need for truth, this book is an inside look at the family's steps forward as they continue their search for justice.



Grief Diaries Color Your Soul Whole

ILLUSTRATIONS BY SUNSHINE PURCELL

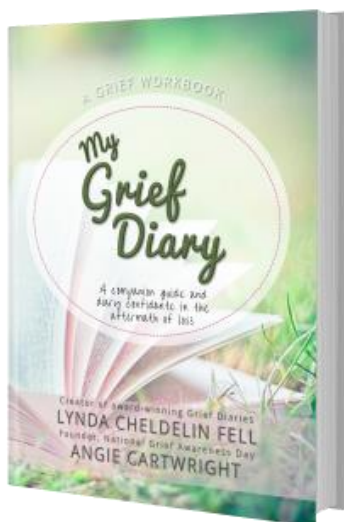
ISBN: 978-1944328245

RELEASED: Jan. 2017

8.5 x 11 inch | 167 pages

\$10.95

Color Your Soul Whole is an enchanting coloring journal that combines expressive writing with coloring for anyone with sorrow in their heart. The 76 original and thought-provoking illustrations provide a soothing outlet while the back side of each page invites journalers to express their daily thoughts and emotions through writing.



My Grief Diary A Workbook Through Grief

BY LYNDA CHELDELIN FELL & ANGIE CARTWRIGHT

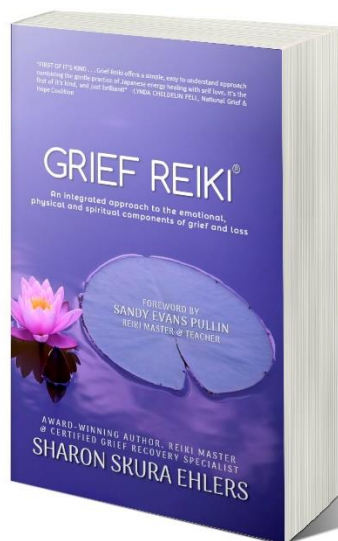
ISBN: 978-1944328108

RELEASED: July 2015

8.5 x 11 inch | 106 pages

\$15.95

Divided into two parts and sixteen assignments, **My Grief Diary** is a workbook written by two educators based upon the tools they used in their very own journeys. My Grief Diary is designed to give a safe place to vent feelings and fears, while offering tools to help navigate the intense emotions we all experience in the afterloss.



GRIEF REIKI

BY SHARON SKURA EHLERS

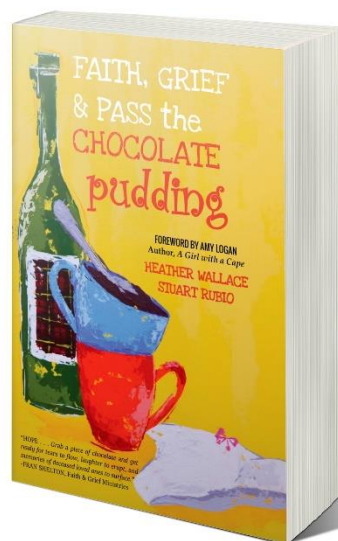
ISBN: 978-1944328412

RELEASED: Dec. 2016

6.7 x 9.6 inch | 216 pages

\$14.95

How do you move forward after loss when your mind, body and soul feel broken? Award-winning author Sharon Ehlers found herself on this very quest after losing two dear friends to suicide within a two-year period. A journey through self discovery using her own expertise as a Reiki Master and Certified Grief Recovery Specialist resulted in Sharon's trademarked integrative approach Grief Reiki®, now offered for the first time ever in her book **Grief Reiki**.



Faith, Grief & Pass the Chocolate Pudding

BY HEATHER WALLACE

ISBN: 978-1944328252

RELEASED: April 2016

6 x 9 inch | 244 pages

\$14.95

After the sudden death of her father, author Heather Wallace wittingly recounts memorable—often comical—moments of her own grief journey. In her breakout book **Faith, Grief & Pass the Chocolate Pudding**, Heather reassures readers that although grief can take us to the edge of our sanity, it also gets less awful. Foreword by Amy Logan, author of *A Girl with a Cape*.

**WHOLESALE ORDERS:**

To inquire about selling Grief Diaries and other AlyBlue Media titles in your store or to set up a retail account, email lynda@alybluemedias.com.

To order, visit www.alybluemedias.com.

WHOLESALE TERMS:

To be eligible for wholesale terms, you must be a business or organization with a physical or online sales location and sell a range of products from multiple vendors.

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- Minimum Order: There is no minimum value for online orders, so you can restock anytime.
- Shipping: Shipping is dependent upon weight of total order. Enter your order and zip code at shop.alybluemedias.com for a shipping estimate.
- Payment: Online by credit card (AMEX, VISA, Mastercard, Discover).
- Returns: Orders are returnable within the continental United States if purchased at 40% discount.