

Kelli Nielsen (*The Grief Guru*) leads you through her personal journey of loss after losing her mother to suicide and then losing her son to an accidental overdose just a year later. She shares the depths of her pain as well as the tools and system she has developed for finding freedom from grief. This 5 step process of Advancing Through Adversity will give you step by step, instructions on how to restore peace and order in your mind, heart, and life. Grief is hard enough, you don't have to go it alone.

In *You're Not Crazy You're Grieving* you will find:

- Kelli's 5 step process for Advancing Through Adversity
- Exposing the misconceptions around grief and the beliefs that are unknowingly keeping you stuck
- Tools for exercising radical self care.....now is not the time to get sloppy with self care, it's a life saver
- Thought control and redirection techniques, yes you can control your thoughts, even overwhelming grief

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**YOUR STEP BY STEP GUIDE
TO COMPLETE HEALING.**

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