



# **Mindfulness & the Journey of Bereavement: Restoring Hope after a Death**

*Peter Bridgewater*

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The emotional responses to death are unpredictable and individual, with denial, anger, bargaining, depression and acceptance all natural stages of the grief cycle. Mindfulness & The Journey of Bereavement explores the universal, life-changing journey of grief and offers insight into how we can understand our feelings, nourish our needs, and face the future positively, with hope.

Bereavement volunteer Peter Bridgewater shares therapeutic tools into how the practice of mindfulness can develop a conscious awareness of life and death. With frank personal and professional anecdotes, he helps us to navigate the trauma of loss with clarity and wisdom.

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