

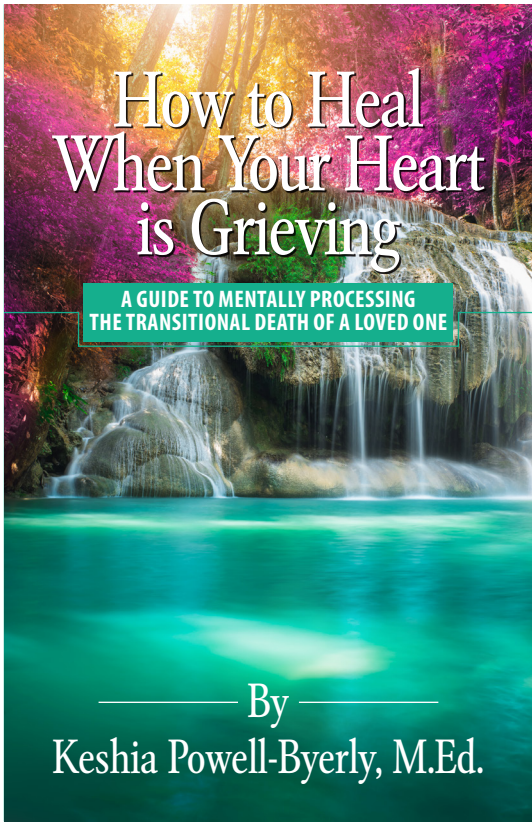
---

# **The Process**

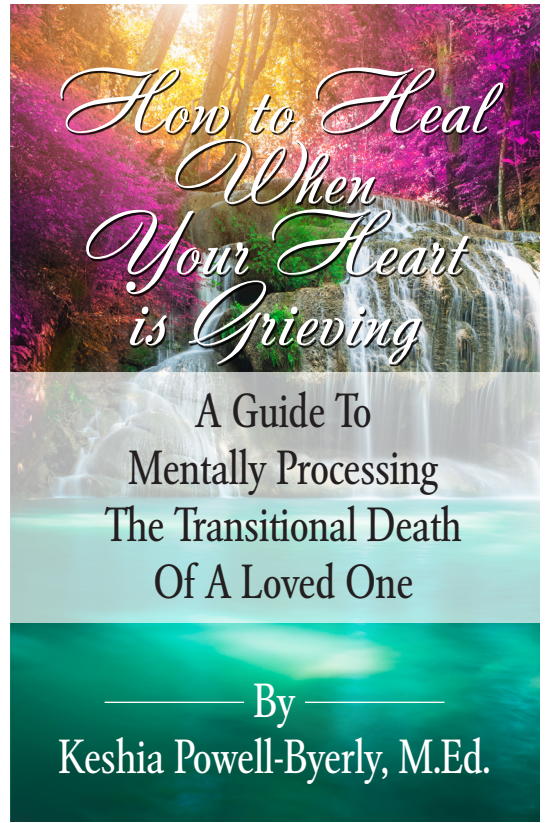
---

How to Heal When  
Your Heart is Grieving

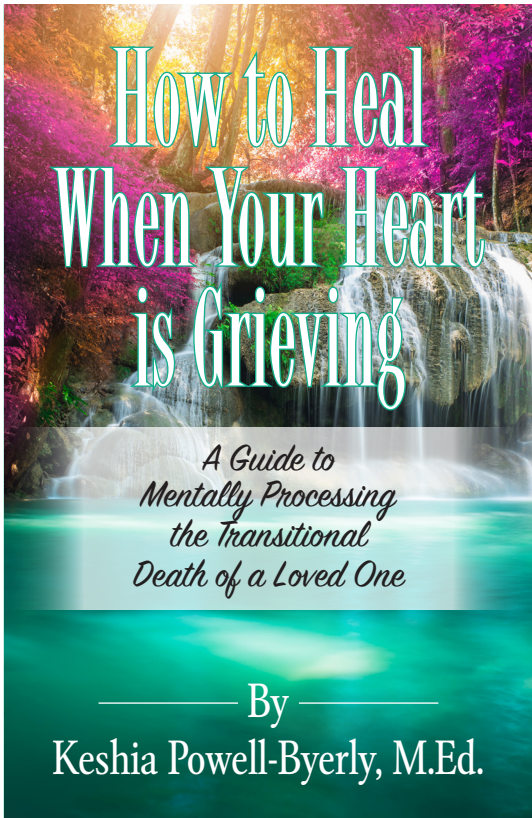
Book cover design



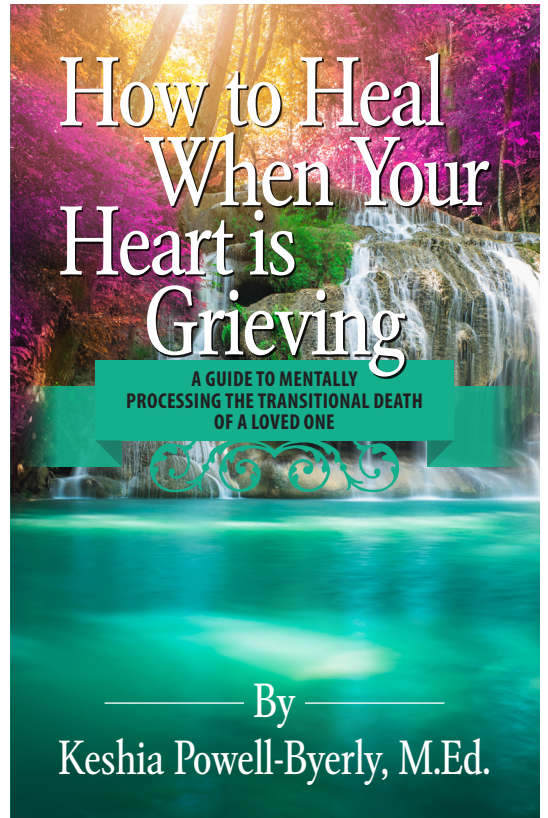
A



B



C



D

# *How to Heal When Your Heart is Grieving*

A Guide To Mentally Processing  
The Transitional Death Of A Loved One

**How to Heal When Your Heart is Grieving**  
**Five Stages of Grief**

**What Happens When A Loved One Transitions**

**How to Mentally Prepare Myself for the Transition of a Loved One**

**How to Mentally Process the Unexpected Transition of a Loved One**

**What Do I Do After My Love One Transitions**

**Mastering Grief Affirmations**

In this book Keshia gives quality tips, information, support and guidance based on extensive experiences to help you understand why your loved one transitions as she uplifts you through your personal healing process. The inspiring revelation changes your view of the journey and can eradicate the feelings of guilt, depression and fear.

## **GRIEF SUPPORT AND COACHING**

Keshia Powell-Byerly, M.Ed.

Keshia Powell-Byerly, LLC

COREporate Energy Solutions

P.O. Box 18311

Sugarland, TX 77469

[Keshiapowellbyerly.com](http://Keshiapowellbyerly.com)



# *How to Heal When Your Heart is Grieving*

A Guide To  
Mentally Processing  
The Transitional Death  
Of A Loved One

Keshia Powell-Byerly, M.Ed.