

# Saying Goodbye to Dad - A Journey through Grief of Loss of a Parent

Mandy Warchola

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### Saying Goodbye to Dad - A Journey through Grief of Loss of a Parent

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Saying Goodbye to Dad - A Journey through Grief of Loss of a Parent Mandy Warchola The loss of one's father is one of the biggest life events one can experience.

Nothing prepares you for the immense, life changing grief you will encounter. Everyone grieves differently. This book is written from the perspective of someone who has gone through their own loss of their parent, and documented the stages of grief experienced along the way. SAYING GOODBYE TO DAD covers the aspects of grieving the loss of one's father from a personal experience, not from a clinical or professional point of view. Reading this will expand your awareness of the grieving process so it does not seem endless, realizing there is an end to the emotions you are experiencing, and that many are going through the identical journey. This book will also strengthen your ability to confront your loss and successfully move forward with your life, bringing understanding that death does not end a relationship, but merely changes it.



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