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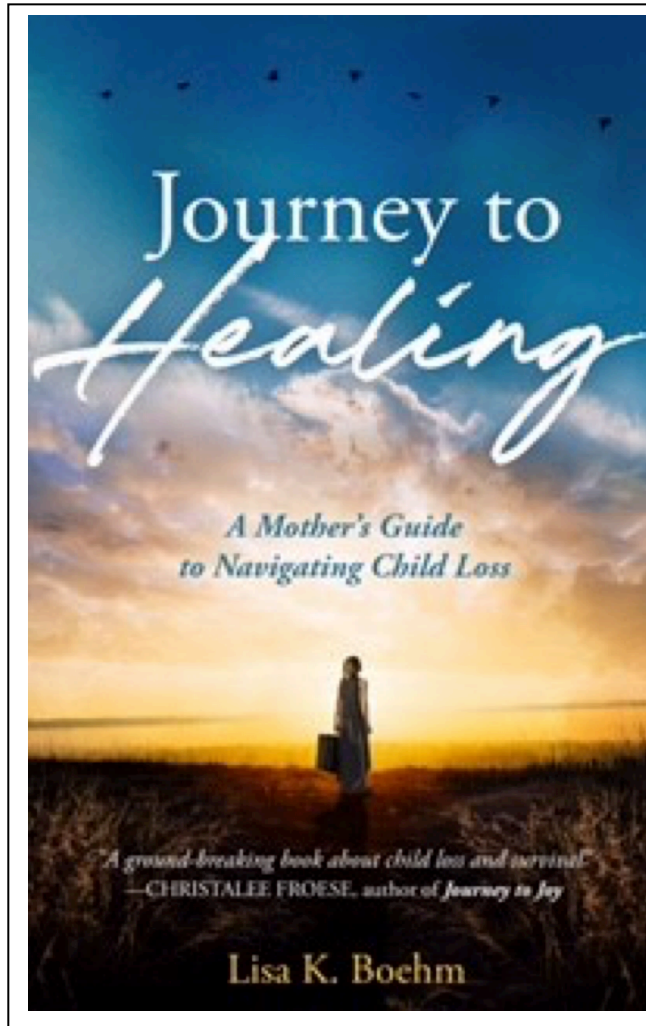
Author Bio

Lisa K. Boehm is a bereaved mother, struggling the unspeakable heartbreak of child loss. While Lisa has found the journey through grief to be very lonely and challenging at times, she knew from Day One that she wanted to feel joy and live her life the way her daughter would be proud. However, she found the resources she needed were severely lacking. Lisa has found a healthy way to live with the heaviness, stay positive and keep moving forward even on the darkest days. Her focus now is helping other moms through the devastation of child loss in a healthy way that feels good to them.

Lisa and her husband live in Regina, SK, Canada and have two children; their son Ryan and daughter Katie who is now in heaven.



Lisa K. Boehm



Journey to HEALING: A Mother's Guide to Navigating Child Loss

Author: Lisa K. Boehm

Release date: February 9, 2019

Retail price: \$19.99 CA, \$14.99

US(paperback), \$9.99 eBook

Category: Self-help; Grief & Child Loss

Available: www.LisaKBoehm.com,

amazon.com, Chapters Regina, all major
online bookstores

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Book Bio

Journey to HEALING answers the fears and doubts of bereaved mothers who want to learn to live again. This unique book is written by a bereaved mother for bereaved mothers.

Mothers who have lost a child face distinct issues that are rarely discussed. They need a resource that highlights their unique struggles and offers honest, heartfelt advice. All of that can be found in *Journey to HEALING*.

Readers will feel encouraged to bravely continue on their journey, armed with the tools to feel better physically, emotionally, and spiritually.

ENDORSEMENTS

“Finding the right book about child is crucial when your child dies. *Journey to HEALING* will help you navigate the pain, to find hope and healing”

Jill Townsend Lee, mother of Alyssa

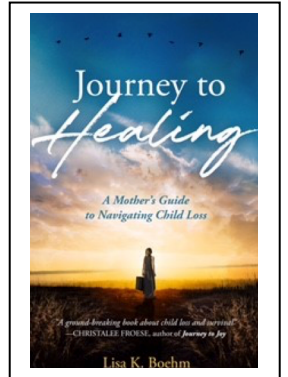
"Journey to HEALING serves as a testament of someone who is living and teaching others how to navigate this new world. It is a book based on healing, peace, and living a new life with joy and love after a tragedy. Journey to HEALING is a definite must for those grieving as part of an arsenal of tools needed to survive and thrive the death of a child."

Wanda Campbell, Mother of Lane

“As a bereaved mom, I am able to relate to everything outlined in Journey to HEALING and found myself saying, I know exactly what you mean, as I read it. Lisa provides helpful suggestions for coping with the devastation that accompanies the loss of a child. Her perspective, shared with the stories and wisdom of other mothers validated my feelings and allowed me to realize I was not alone. The suggestions in this book are simple and straightforward. If you’ve lost a child, this is a companion that you need.

Melanie Delorme, mother of Garrett

Book Excerpt



Preface – The Gift of a Story

Journey to HEALING was born from a short story I wrote one afternoon in a matter of minutes. It flowed so freely from my heart that it might have been gifted to me as a message to share with others. However, this story sat on my laptop and in my heart for almost a year before I realized it was a bridge to something bigger – *Journey to HEALING*.

One night, a man came to my door. He gave me a suitcase that I had never seen before. Although he carefully placed it in my hands, it was too heavy and awkward to hold. It was heavy, black and burden-some; it was broken and beat-up.

The suitcase was difficult to deal with. I had never been given anything like it. Not knowing what to do with the suitcase, I started carrying it everywhere with me. I was afraid to set it down; afraid the secrets it carried would be lost forever.

People looked at my bag and felt sorry for me. Why had I been stuck with such a burden? They all secretly thought "Thank goodness I don't have to carry that".

Days turned into weeks and I finally opened up the heavy, broken suitcase just a crack. Without enough light to shine in, it still appeared black and dark inside. The inside seemed as dark as the outside so I closed it up again.

Despite the heavy suitcase, I got stronger since I carried it everywhere I went. People commented on my strength. They said "I don't know how you do it." The fact was I didn't know either.

One day, I opened it up fully. Once I trusted myself with the heaviness, the brightness from inside began to shine outward. Inside the suitcase all this time was love, light and all things beautiful. It contained treasures and things that made me smile.

You see, the night I was told my daughter died was the night I began carrying my big, ugly bag of grief everywhere I went. On the outside grief was heavy, dark and hideous. It hurt to carry it, sleep with it and exist with it. I struggled to breathe as it laid upon my chest.

But when I took a look inside my grief, I saw what was there all along; love. The intense grief was a sign of all the love inside. Once I saw the love and memories of my beautiful [Katie](#), the more I was able to handle the ugly exterior.

The suitcase has not gotten any lighter or any less dark and ugly. However, the beautiful interior encourages me to open it up regularly to enjoy the love, light and beauty inside. I now know that grief exists because love exists and I will continue living with my suitcase firmly in my hand because of what it represents - the memories of 17 and 1/2 wonderful years with my daughter, Katie.

Interview Questions

1

What made you decide to write Journey to HEALING?

2

What is the book about?

3

Who is your book meant for?

4

What will readers get out of this book?

5

What is the main message in this book?

6

What makes this book different from other books about child loss?

7

Has writing this book been helpful on your own journey?

8

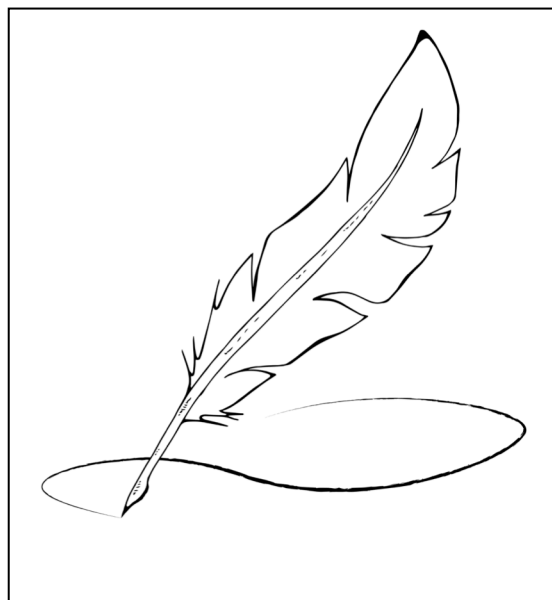
Where can our audience get their copy of *Journey to HEALING*?

9

Do you provide other supports for bereaved mothers?

10

What message would you give to a parent who has recently lost a child?"



Book Benefits

**Author Lisa K. Boehm shows readers
how to:**

- Cope with the heartache of child loss
- Overcome self-limiting beliefs about HEALING
- Determine strategies that work best for them
- Find peace and happiness
- Feel hope and comfort knowing they are not



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