



The
Express Yourself Series
Grief resources for children

Incredibly Lonely, That's Me

2008 IPPY Award, Gold Medal
Outstanding Book of the Year, Most Inspirational to Youth

ISBN-13: 978-0-9769093-2-3

Price: \$17.95

Genre: Children's Picture Book

Format: Hardcover, 54 pages

A young girl experiences loneliness during a difficult time following the death of her older sister. She invites readers to explore the world of loneliness and shares discoveries she makes along the way. During her journey she learns to name and claim her feelings and realizes her sister will continue to be a source of peace and comfort in life. Educational pages included.

My Friend, Matilda

2006 IPPY Award, Honorable Mention

ISBN-13: 978-0-9769093-1-6

Price: \$17.95

Genre: Children's Picture Book

Format: Hardcover, 54 pages

Two ancient feelings, unconditional love and sadness, are addressed as Chris, battling terminal cancer, and Matilda, his golden retriever, tell their story. Chris faces his sadness and finds he is totally accepted and loved by his constant companion, Matilda. Pets, with their language of the heart, can teach us so many things. Educational page included.

From Here To There

ISBN-13: 978-0-9769093-0-9

Price: \$16.95

Genre: Children's Picture Book

Format: Hardcover, 54 pages

Chris takes an incredible journey through grief and illness. The reader is invited to explore the roller coaster of feelings one experiences when traveling through the tough times – feelings that range from fear, anger, and sadness to happiness and peace. Chris discovers, as he undertakes the journey through all the feelings, healing and calm in his life. Educational pages included.



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