



Be Not Afraid ... I Go Before You: Dealing with Bereavement

Imelda K Butler

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Be Not Afraid... I Go Before You is a compilation of stories of love and loss written by partners, parents, children, siblings and friends who have been bereaved. It was compiled by Imelda K Butler, inspired by the loss of her husband John, as a resource for those who have been bereaved.

The purpose of this book is to bring understanding, healing, hope and insight to the reader who is bereaved as they acknowledge and reflect upon other stories from similar circumstances.

The book also contains an appreciation of the grieving process under the 'SARAH model'. It also offers guidelines for re-establishing what's important in your life and clarifying your purpose so you can continue your journey with hope and love in your heart.

By reaching out to each other the burden of grief is lightened for all concerned. Our joy when shared with others is doubled. Our grief when shared with others is halved.

The profits from the book will be donated to Growth Reaching Africa (GRA), a registered Charity. The funds will be used to feed and educate children in rural Kenya. www.gracharity.com

Contributors include Brian Carthy, Larry Gogan, Robert Ballagh and, of course, Imelda Butler herself.

The book is edited and introduced by Imelda Butler who is a professional business organiser and management consultant.

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