

## Author Tackles Grief From A to Z

Author Pens ***Griefabet: Everyday Letters to Wrap Around Your Heart***. A Comfort Book for Anyone Living With Loss, *Griefabet* Guides Readers From A to Z Along Their Personal Grief Journey. The Book's Website, [www.Griefabet.com](http://www.Griefabet.com), Includes a Forum Where Visitors Can Share Their Grief Story for Increased Healing and Support.

SALT LAKE CITY (September 21, 2010) – Karen O. Johnson, MEd, author and grief counselor, today announced the release of her book, ***Griefabet: Everyday Letters to Wrap Around Your Heart*** (*Griefabet*). Written with the individual griever in mind, *Griefabet* uses the letters of the alphabet to offer comfort and encouragement to anyone living with loss. *Griefabet* is ideal for personal use, utilization as a counseling tool for professionals, or as a gift for family and friends.

“Grief manifests in many shapes and forms and can be triggered by any number of life events, including the death of a loved one, divorce, military deployment, loss of a job, the disintegration of a relationship or failing health,” commented Johnson. “*Griefabet* lends thoughtful coping strategies for readers on their unique grief path, whatever that may be.”

Sympathetic to the many layers and complexities of grief, *Griefabet* lets the reader take charge, offering comfort on every page, in any order, on any day. Readers can look at one page each day for 26 days of support, or read at their own pace to help endure their unique sadness. The *Griefabet* website, [www.Griefabet.com](http://www.Griefabet.com), offers increased healing and support through an online forum where visitors can share their grief story, either anonymously or by name.

Johnson has been a grief counselor since 1981, providing individual and group counseling to a large population of youth, families, and adults coping with loss issues. She has four decades of experience as an educator and is currently the Area Chair, Lead Faculty in the Social Sciences Human Services Program at the University of Phoenix, Utah main campus. She is also the founder of EveryDayGrief, LLC, a company offering seminars for helping professionals.

“May this book encourage your sadness, your missing, your remembering, and your awakening of a newfound hope,” says Johnson. “Now is the time to embrace the past, live for today, and discover a different voice of gladness for the future.”

*Griefabet*, the first book of its kind for the everyday griever, will be unveiled at the Depression Recovery Conference at the Salt Palace Convention Center in Salt Lake City, UT on September 24, 2010, where Johnson will be offering a presentation on grief and loss. A simultaneous unveiling of *Griefabet* will take place at the What a Woman Wants Show at the Southtowne Expo Center in Sandy, UT on September 24-25, 2010, where Johnson will be offering Laughter Yoga classes.

*Griefabet* can be purchased in-person at the What a Woman Wants Show and the Depression Recovery Conference on September 24-25, 2010 for \$20 including tax. The book can also be purchased online through the *Griefabet* website, [www.Griefabet.com](http://www.Griefabet.com) or through Amazon.com for \$24.95. For more information on *Griefabet*, and to share your grief story, visit [www.Griefabet.com](http://www.Griefabet.com).

### About the Author

Karen O. Johnson, MEd has been a grief counselor since 1981, providing individual and group counseling to a large population of youth, families, and adults coping with loss issues. She has four decades of experience as an educator and is currently the Area Chair, Lead Faculty in the Social Sciences Human Services Program at the University of Phoenix, Utah main campus. She is also the founder of EveryDayGrief, LLC, a company offering seminars for helping professionals. Karen holds a BA in English/Speech from the University of Utah, a Masters of Education in School Counseling from Brigham Young University, an Administration Endorsement from Utah State University, and English as a Second Language Certification from the Utah State Office of Education. Karen is also a certified laughing yoga instructor and a Human Services-Board certified practitioner.

For *Griefabet* press materials visit:  
[www.griefabet.com/press](http://www.griefabet.com/press)

For more information on the What a Woman Wants Show visit:  
<http://www.whatawomanwantsshow.com/>

For more information on the Depression Recovery Conference visit:  
<http://www.iie-edu.org/>

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