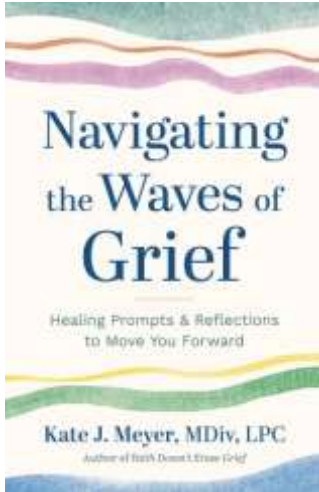


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## A practical guide to help you name what hurts and take the next steps forward.



Grief crashes into your life like a wave—sudden, overwhelming, and unpredictable. *Navigating the Waves of Grief* meets you in that chaos with the gentle, grounded guidance of Kate J. Meyer, a licensed professional counselor and ordained minister with years of experience walking alongside those in mourning. Whether your loss is fresh or years old, clear-cut or complicated, this interactive guidebook helps you name, feel, and find your way.

Designed around four essential themes—Emotions, Connection, Identity, and “Through”—this book offers structured reflection prompts, practical exercises, and emotional explorations. Meyer helps you visualize what grief looks like in your body, free associate about the words you use to describe emotions, and use the five senses to reorient yourself during intense grief waves. With compassion and theological sensitivity, Meyer offers tools for grievers of various faith backgrounds, especially those disillusioned with religious platitudes.

This guidebook is not a linear path through grief, but a trusted companion for the journey. As you engage with the prompts, reflective spaces, and grounding practices, you’ll discover courage and hope. With every page, you’ll be empowered to stand amidst the waves and keep moving forward.

### ***Navigating the Waves of Grief: Healing Prompts and Reflections to Move You Forward***

PAPERBACK | \$18.95 | 5.5 x 8.5 | 9781957687681 | Publication Date: September 16, 2025  
EBOOK | \$9.99 | 9781957687698

#### **Talking Points:**

- Grief is everywhere right now—but that doesn’t mean it gets to run the show.
- We’re wildly underprepared for grief—because we were never taught how to feel.
- Religious communities often gloss over grief—this book makes space for the full truth.



Kate J. Meyer, MDiv, LPC, is an ordained minister and licensed professional counselor who has worked in both private practice and hospice care. She is passionate about bringing grief into the light so that all grievers know how to move forward in a healthy, life-giving manner. Kate is also the author of *Faith Doesn’t Erase Grief* and *The Red Couch and The Yellow Dress*, two novels about past mistakes and the challenges of overcoming them. She is a dog mom living with her husband in Western Michigan.

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