

BEACON OF HOPE

A New Book Sheds Light on the Grieving Process

The Losing of Gordon is the second book that Joni Aldrich has written about survival. *The Saving of Gordon* was written to help readers survive the struggles of cancer, while *The Losing of Gordon* exists to help readers survive the struggles of grief.

- ▶ **May 13, 2006** **Gordon dies.**
- ▶ **May 14, 2006** **Rebuilding begins.**

The Losing of Gordon is written around a series of letters that Joni wrote to her husband, Gordon, during her grief “process.” Some are heartbreaking. Some are almost humorous lessons in perseverance. All are inspirational.

In this book, Joni teaches that although everyone grieves differently, the only way forward is to take one small step at a time. Stretch one hand out of the darkness. Remember that one heart still beats and must survive. **Within each of us is the beacon that lights the way through the storm called “Grief.”**

“The beach was swept away by the twin forces of violent wind and waves. Days later, piles of broken shells were deposited onto the shore. Nature had begun the rebuilding process. This is much the same as the process we undergo when rebuilding our lives after suffering the catastrophic loss of someone we love...”

-Joni Aldrich

It took Alfred, Lord Tennyson seventeen years to complete his famous poem of grief upon the loss of a dear friend. His words describe grief perfectly:

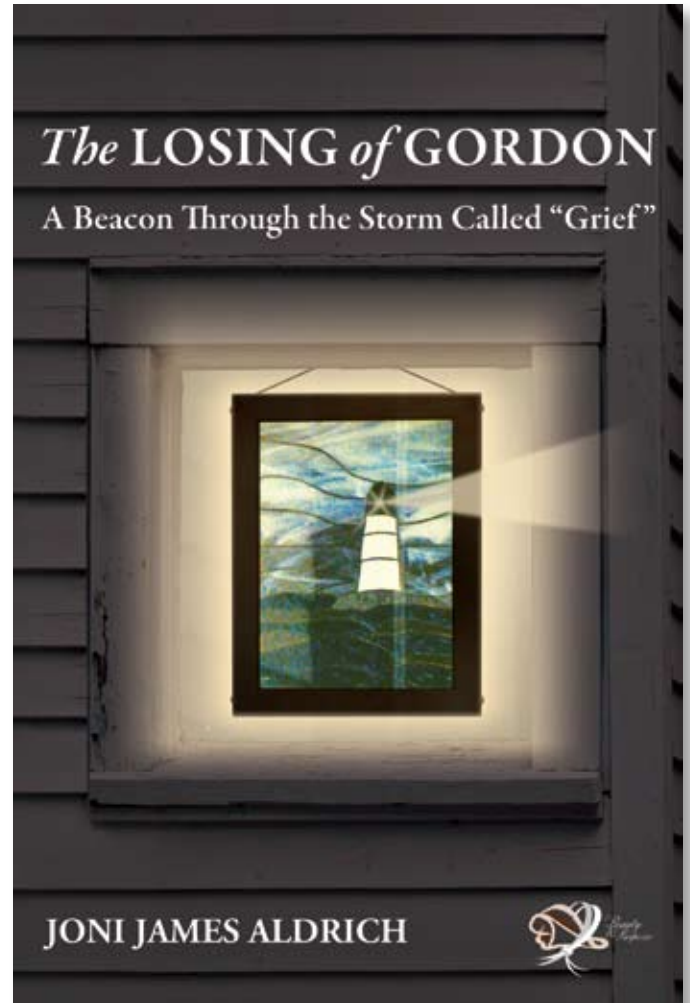
**I hold it true, whate’er befall; I feel it when I sorrow most;
’Tis better to have loved and lost, than never to have loved at all.**



Aristotle said, “Where your talents and the needs of the world cross lies your calling.” We are born with a path to our own destiny. Some roads we choose. Some roads are chosen for us.

Joni James Aldrich believes she has been preparing to write *The Saving of Gordon* and *The Losing of Gordon* for most of her life. As a child, she was a better than average student. She wrote dramatic poetry. Before college, she worked at a newspaper. In her professional career, she has worked in analysis, documentation, communications and public speaking. But her real motivation for writing this book was her own personal crisis following the loss of her husband, Gordon, after a two-year cancer battle. She feels it is her destiny to relay this story to readers in a way that will help them survive their grief.

For more information, visit www.griefbeacon.com or email Joni at Joni@griefbeacon.com.



Available November 2009
— wherever books are sold! —

The Losing of Gordon includes 18 inspirational and moving letters that Joni Aldrich wrote to her husband, Gordon, after his death. These letters will teach readers valuable lessons, including:

- What to do when you cannot gain closure after a loved one dies
- How to successfully navigate the grieving process and why counseling truly helps
- How to restore confidence and turn your “broken shell” into something whole and beautiful
- What the term “widow” really means
- The best and worst things to say to those who are grieving
- How to tap into the innate instincts that will help you survive
- How to deal with your conscious and subconscious grief
- How to manage the business end of losing someone close to you
- What you can do to understand your own limitations through grief
- How to overcome your “if only” regrets
- How to manage being unwillingly single and alone
- The careless and reckless effects of depression and stress
- How to get through “the firsts” (e.g., holidays, birthdays, anniversaries, etc.)
- What you can do to be “reborn” through your grief
- How to preserve your precious memories

Selections from *The Losing of Gordon*

“There is a Cherokee expression: ‘When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice.’ Today, the world cried because of the loss of a ‘balding man with a booming voice.’ At six o’clock this morning, you said good-bye to the pain and suffering that you’ve endured so bravely over the two years since you were diagnosed with cancer.”

“Surely you remember that I told you I never wanted to be single again. You weren’t supposed to ever leave me. Tonight, I went out with my friend Rebecca. Wow, are things different now than they were twenty years ago.”

“In all honesty (and I have to be honest with you now that you’re an angel), I think I’ve become reckless in my grief. In some way, I feel like I’m going around in a fog. Maybe they should suspend your driver’s license, when you’re going through mourning!”

“You know the plan we discussed regarding the house and motor home if anything happened to you? Well, I didn’t handle things exactly as we had discussed. It was more of a guideline, wasn’t it?”

HOPE —a one-syllable word that will keep you going when all of the other more impressive words have failed to sustain you.

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