



The Grief Recovery Kit: Natural Light Portrait Techniques for Photographers

By Tanya Kilgore

Aepisaurus Publishing, United States, 2011. Paperback. Book Condition: New. 251 x 203 mm. Language: English . Brand New Book. This interactive tool is designed to assist young people in the grieving process after loss, separation, or death, helping them navigate through the healing process into a strong and hopeful future. Filled with graphics, photos, characters, and straightforward language, the information is directed toward a younger audience but can be used by people of any age experiencing grief. The book contains four stories of different losses, allowing the griever to identify with the characters and their situations. Through practical activities, encouragement, and messages of hope, this kit empowers the griever to face painful issues head-on and promotes steps of progression, which ultimately shift valuable energy toward recovery. Blank journal pages are also provided to openly express thoughts and feelings through words and drawings.



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