



A GRIEF NOTEBOOK
A creative diary for expressing loss
Nathalie Hanot

Navigating the grieving process through creativity.

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All loss is painful. Grief for a loved one is especially hard to bear, but divorce, the end of a relationship, a move, loss of physical abilities, goals or projects all lead to a journey known as “the grieving process”.

Through the activities and benchmarks it offers, *A Grief Notebook* is an excellent tool for moving forward on the path of resilience. The creative exercises explained in it have been designed to help everyone welcome, express and transform their emotions, in stages and at their own speed.

A Grief Notebook encourages us to find within ourselves unsuspected resources.

Strong points

- A proposal unique in its kind that responds in an original way to the needs of a person in the process of grieving.
- Part of the trend of using a creative journal as a resilience tool.
- Useful both for the general public and for therapists.

Nathalie Hanot is a psychologist. Since 2000, following 15 years of clinical practice in a pediatric hospital working with children and parents in difficulty, she has worked in private practice. Through creative journals, hypnosis, art and the psychological symbols of the tarot as powerful tools for healing, she has developed a number of creative approaches using images for support.

