



## MY LIFE WITHOUT YOU

A scrapbook of activities and memories for coping with grief

Josée Jacques

Illustrator: Ninon Pelletier

A creative way to face up to a devastating ordeal and express grief.

64 pages

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This is a very beautiful scrapbook that allows a grieving child to preserve precious memories of someone dear who has passed away (photos, stories, etc.) and to express, through a number of activities (drawings, writing), the emotions triggered by this loss. Concepts related to death are explained in a simple and reassuring way, giving the child tools for dealing with the events that have disrupted his or her life. This album is also an excellent guide for families who want to introduce a discussion on grieving.

Readership: ages 5 to 9

### Strong points

- Ninon Pelletier's illustrations express gentleness and comfort.
- The text and activities were developed by a psychologist specializing in grief.

*After getting her BA and an MA in psychology, Josée Jacques obtained a diploma in death studies. The author of many books, she has her own practice focussing especially on those who are grieving and in a transitional situation.*

*As a child, Ninon Pelletier wanted to become an astronaut so as to see the world differently. Today, she has achieved her goal by becoming an illustrator! She has contributed to more than thirty books for young people in both French and English. Her work was recognized by a nomination for a Governor General's Award in 2016. All of her illustrations are done in charcoal and pencil, and digitally coloured.*

In the same series:

MY PARENTS  
ARE SEPARATING

Jennifer Tremblay  
Illustrator Félix Girard

GRIEVING THE DEATH  
OF MY PET

Annique Lavergne  
Illustrator Yves Dumont

