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Those mourning the profound absence of a loved one know the surges well. The sudden onslaught of tears. The relentless reminders: an empty bed, a deserted garden, a vacant room. In her new book, *As We Grieve: Discoveries of Grace in Sorrow*, author Jan Groft offers tender reprieve by affirming that we are not alone as we navigate the pathways of sorrow.

Based on the poignant experiences of people who, in the process of grieving, found hope, *As We Grieve* unveils nine healing gifts of grace that might be encountered amidst the darkness. Individual chapters focus on each of them—memories, humor, strength, discovery, faith, art, wisdom, gratitude and community—inspiring readers to recognize similar gifts in their own grief journeys.

“These are true stories of heavy hearts that somehow, through faith, find a way to keep beating with joy,” notes retired *Pittsburgh Post Gazette* columnist Barbara Cloud.

The author of a memoir, *Riding the Dog: My Father's Journey Home*, Groft was one-time President/Creative Director of an award-winning advertising agency, the former Agnew & Corrigan in Lancaster, Pennsylvania, which she sold in 1997.

As a hospice volunteer and facilitator of writing workshops for the bereaved, Groft says that she has “learned to listen to the dying and to those they leave behind.” The lessons she learned through her own grief journey after losing two sisters, her parents and her best friend prompted her to seek stories of other people’s experiences. “As a caregiver or survivor,” she asked, “what got you through each day? What did hope look like?”

“The generous outpouring of stories affirmed the patterns of grace I had come to experience in my own times of loss,” she said. “*As We Grieve* was born of those recalled moments which revealed nine distinct possibilities for healing. I simply wove together the stories in an effort to pass along the gift of hope from my contributors to my readers.”