



Grief Coach Encourages Others to Find Hope by Authoring Grief Book: Grief's Abyss

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Grief coach Anne DeButte knows when a loved one dies the process of grieving can be confusing, painful and deeply sad. Her book, "Grief's Abyss, Finding Your Pathway to Peace" shows readers how to navigate that grief.

"While it is an experience each of us will encounter in life, grief is often shrouded in mystery and silence," DeButte said. "We wonder if we are doing it correctly, if we are recovering too slowly, or if we are the only one to feel hollowed out inside long after the funeral."

In "Grief's Abyss" author Anne DeButte shines a light of compassion and understanding on the experience of loss. Tracing her experiences following the sudden death of her father as well as her expertise as nurse and now as a Heartbreak to Happiness® coach, Anne provides a supportive road map for the mysterious journey through the land of grief.

The book was written not only to help readers, but also express some of the fundamentals DeButte uses in her grief coaching. She said, "Grief gets better when you share. Remember, the sun always shines above

the clouds, grief is like the clouds?let it pass by.?

Readers and those suffering from the effects of grief can reach DeButte at <http://reconnect-from-grief.com> or <http://annedebutte.com>. Her book "Grief's Abyss" can be found on Amazon at https://www.amazon.com/dp/1934509817/ref=cm_sw_su_dp.

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