



The Living Memories Project

Celebrating Lives Through Remembrance

My Living Memories Project Journal: A Workbook to Help Adults Transform Their Grief into Positive Action and Living Legacies



My Living Memories Project Journal is an inspirational, interactive and comforting workbook designed to help readers keep alive the memories and legacies of loved ones. By remembering the lives and legacies of loved ones, we can take concrete steps to heal ourselves. By remembering and celebrating how they lived, rather than how they died, we can enhance our resilience, compassion, and creativity.

A companion to the award-winning book, The Living Memories Project: Legacies That Last, it empowers and inspires readers to transcend their grief.

The journal features soothing artwork, as well as inspiring and comforting quotes from the original book and other sources. Interactive questions and activities are designed to trigger reflections, and writing activities will keep the memories of loved ones alive.

My Living Memories Project Journal is an appropriate gift for those who are missing loved ones. It has also been recognized by professionals as a valuable tool to console and help the bereaved move forward after loss.

My Living Memories Project Journal activities:

Readers reflect on their own remembrances of loved ones, including food, holiday, and vacation memories, and favorite sayings, songs, and activities.

Readers are asked to ponder the enduring legacy of a loved one and contemplate a meaningful tribute.

Strategies are offered for getting through holidays and milestone events after the loss of a loved one.

Actions and activities for honoring a loved one, including making a memory book, writing a poem or song, dedicating an act of kindness, or formulating a memorial project that will keep your loved one's memory alive.

Contact: merylain@gmail.com



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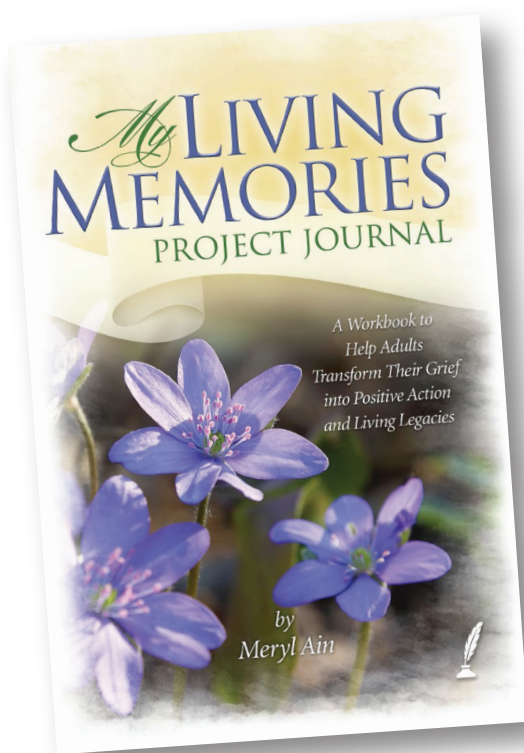
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"As I healed and comforted myself through research and writing, I sought to help others overcome their losses by inspiring them to keep memories of their loved ones alive. It's so important for people to focus on how a loved one lived, rather than how he/she died."

- Dr. Meryl Ain

Author of My Living Memories Project Journal

Share your stories and your own living memories project at thelivingmemoriesproject.com



My Living Memories Project Journal

A Workbook to Help Adults Transform Their Grief into Positive Action and Living Legacies

by Dr. Meryl Ain

"The Comfort Coach"

This unique workbook helps people capture the memories and passions of loved ones for generations to come – while fostering comfort, healing and hope.

My Living Memories Project Journal by Dr. Meryl Ain, also known as the Comfort Coach, combines inspiring and comforting quotes with activities to trigger reflections that will help keep the memories of loved ones alive.

This new journal is an appropriate and useful companion to the award-winning book, *The Living Memories Project: Legacies That Last*. It empowers and inspires readers to transcend grief with a simple message: By remembering the lives and legacies of loved ones who are no longer here, we can take concrete steps to heal ourselves. The journal is also an appropriate and useful tool for professionals who work with the bereaved.

ORDERING INFORMATION

Title: My Living Memories Project Journal

Author: Meryl Ain

Genre: Self-Help

Trade Paperback: \$14.95

6X9, 87 pages

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WEBSITE

www.thelivingmemoriesproject.com

Available through: Amazon

- **My Living Memories Project Journal**

can be purchased via Amazon at
<http://bit.ly/amazonMLMPJ>

- **The Living Memories Project:**

Legacies that Last is available on
Amazon.com <http://bit.ly/amazonLMPLTL>

- For bulk orders, please visit:

<http://bit.ly/MLMPJbulk>

Interactive questions and activities are designed to trigger reflections and writing activities that:

- Celebrate the lives and legacies of loved ones who are no longer here.
- Restore focus on how loved ones lived, rather than how they died.
- Find inspiration, hope and comfort in transcending grief in proactive, constructive and creative ways.
- Learn concrete steps to heal and move forward after loss and help children deal with grief.
- Enhance resilience, compassion and creativity.
- Renew the desire to live a happy, productive and meaningful life.

In addition to inspirational quotes, soothing artwork and meaningful questions and activities, My Living Memories Project Journal includes tips to help those who are grieving get through holidays and lifecycle events.

"The Living Memories Project fulfills its mission with flying colors. It not only teaches us how people successfully preserve the memory of their loved ones, it demonstrates how we can live our lives to maximum effect. A truly wonderful book on resilience, compassion and creativity."

- **Rabbi Shaul Praver, Newtown, Connecticut**



About the Author

Meryl Ain, Ed.D., The Comfort Coach, inspires people to transcend their losses by keeping alive the memories, passions, values and legacies of those they have lost. She helps to promote healing by providing professionals, organizations, and individuals with the tools to foster optimistic thinking, positive projects, and resilience.