



**[(The New Day Journal : A Journey from Grief to Healing)] [By (author) Maureen O'Brien]  
published on (May, 2003)**

*Maureen O'Brien*

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Already used by hundreds of churches, hospitals, funeral homes and hospice programs in their bereavement ministries, The New Day Journal has been completely revised and updated to better assist those struggling to recover from the loss of a loved one. Through a series of reflections combined with writing and sharing activities suitable for groups or individuals, The New Day Journal helps people accept the reality of their loss, experience the pain of grief and adjust to life without the deceased.

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