

# Little Book of Healing: A Coloring Book for Grief and Loss

Emotional loss is part of the human condition and, though painful, is part of our growth into caring, compassionate adults. Learning how to grieve frees us to be fully alive, to embrace all of life, and to move beyond anger and pain and into acceptance.

Simple, pocket-sized and beautifully illustrated, this coloring book helps children and adults alike understand and facilitate the natural process of grief resolution. Lynea Gillen writes with a deep understanding of the healing process from her years of experience counseling children and adults. Her warmth, compassion and guidance shine through the pages of this book.

Like the support of a good friend, *Little Book of Healing: A Coloring Book for Grief and Loss* provides heartfelt wisdom and soft soothing images that help children move through the process of grief.

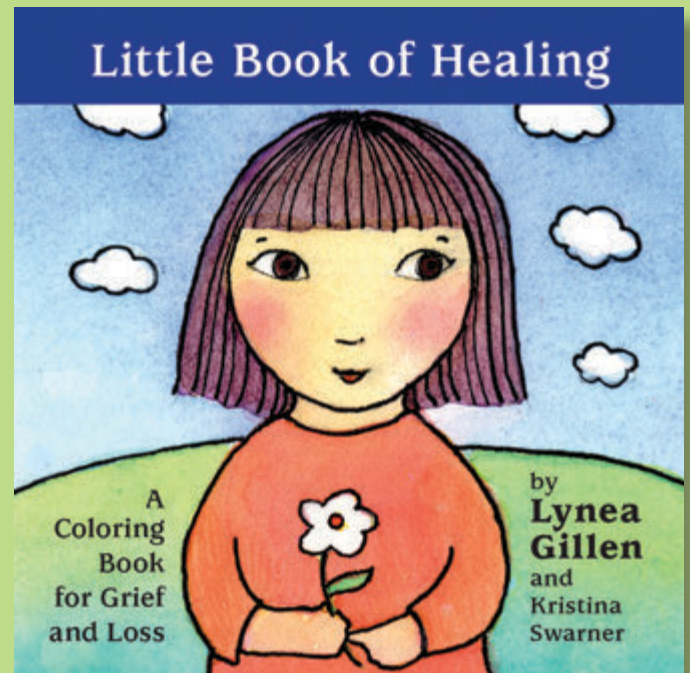
## For parents, teachers, therapists, counselors:

The coloring process helps a child to physically and emotionally process their grief.

- Illustrations and text help “normalize” the typical stages of the grief process and explain it in a simple, loving and “kid-friendly” way.
- Healing activities encourage kids to create an art piece with their loved one.
- Small and easy to carry in a pocket for children to refer to over and over again.
- Simple prose and colorable illustrations allow time for words to sink in, providing a soothing activity in the time of grief.
- Inexpensive resource to give or sell to clients and students to help them continue their therapeutic process at home.
- Available in economical packages of 10 for counselors, therapists, clinics and hospitals.

“As a school counselor, I will definitely use your new book with grieving children. I love the interactive drawing and memories pages.”

— Kay Koerber, School Counselor, McGregor, MN



Individual book \$6.95 ISBN 978-0-9960219-6-8  
10 pack/bundle \$49.95 ISBN 978-0-9960219-7-5

3.5 x 3.5 28 pages; 2 four-color and 25 black & white illustrations, plus additional activity sheets; soft cover. Ages 3-10

Written by Lynea Gillen, LPC,  
illustrated by Kristina Swarner

## Author Bio

Lynea Gillen, LPC, is a child and family counselor in Portland, Oregon, and an adjunct faculty member at Portland State University and Lewis and Clark College. With over 35 years of experience as a schoolteacher and



counselor, she has trained thousands of school teachers, counselors, nurses and parents in counseling and how to develop children’s social-emotional skills. Lynea is the award-winning author of *Good People Everywhere*, *Little Banty Chicken and the Big Dream*, *Yoga Calm for Children* and *Mindful Moments Cards*.

“*Little Book of Healing* builds compassion between adult and child. Its gift is the gentleness of words and images, helpful for children who are very young as well as those who need less guidance. Parents and caring professionals will feel more confident to explore children’s complicated thoughts and feelings with the support of this lovely guide.”

—**Cynthia L. Wall, LCSW, author of *The Courage to Trust: a guide to building deep and lasting relationships***

“The perfect companion for children experiencing grief or loss of any kind. The coloring book format provides a concrete way to process the abstract, complex and confusing concepts of death and loss. The love and caring the author has for children comes through every page and wraps its arms around the grieving.”

— **Jenifer Trivelli, Social-Emotional Educator, author of therapeutic books for children**

“The message is really helpful and understandable for small kids. I am looking forward to having this as a resource in my work here at PrairieCare.”

— **Rev. Rebecca Fletcher, MDiv, BCC, Chaplain**

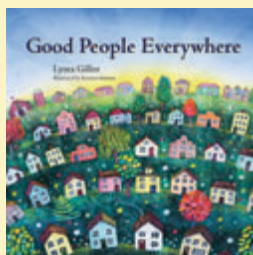
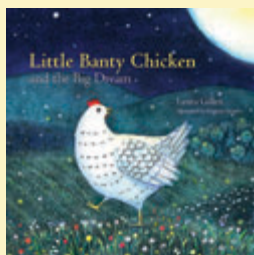
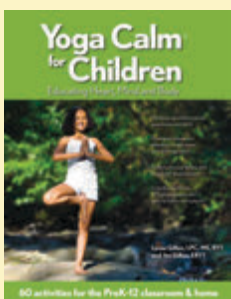
“Working in schools providing mental health support, I have many kids who deal with grief—or don’t deal with it. The book helps with a simple practice that is easy to understand, and it helps them to know what they are moving through is normal. I appreciate that the cost is reasonable and it can be purchased in bulk.

— **Michele Mayer LMFTA, CMHS, MHP, school-based Mental Health Therapist, Port Orchard, WA**

“What a beautifully respectful way to honor a young person’s grief. I see this book being such a gift not just to the young person but also to the adult in that child’s life who may be equally stricken with grief. This book can be a tool that will guide the adult in being a support (and healthy emotional role model), and also to receive support themselves and heal with their child.”

— **Danelle Chapman, School Counselor, Portland, OR**

**All products are available at [Amazon.com](https://www.amazon.com), [ThreePebblePress.com](https://www.ThreePebblePress.com) and [YogaCalm.org](https://www.YogaCalm.org)**



Many feelings may come and go.  
You may feel really angry one minute,



And sad and scared the next.



There are many other things you can do.  
You may want to spend time with friends and family who listen and sit with you as you cry.

