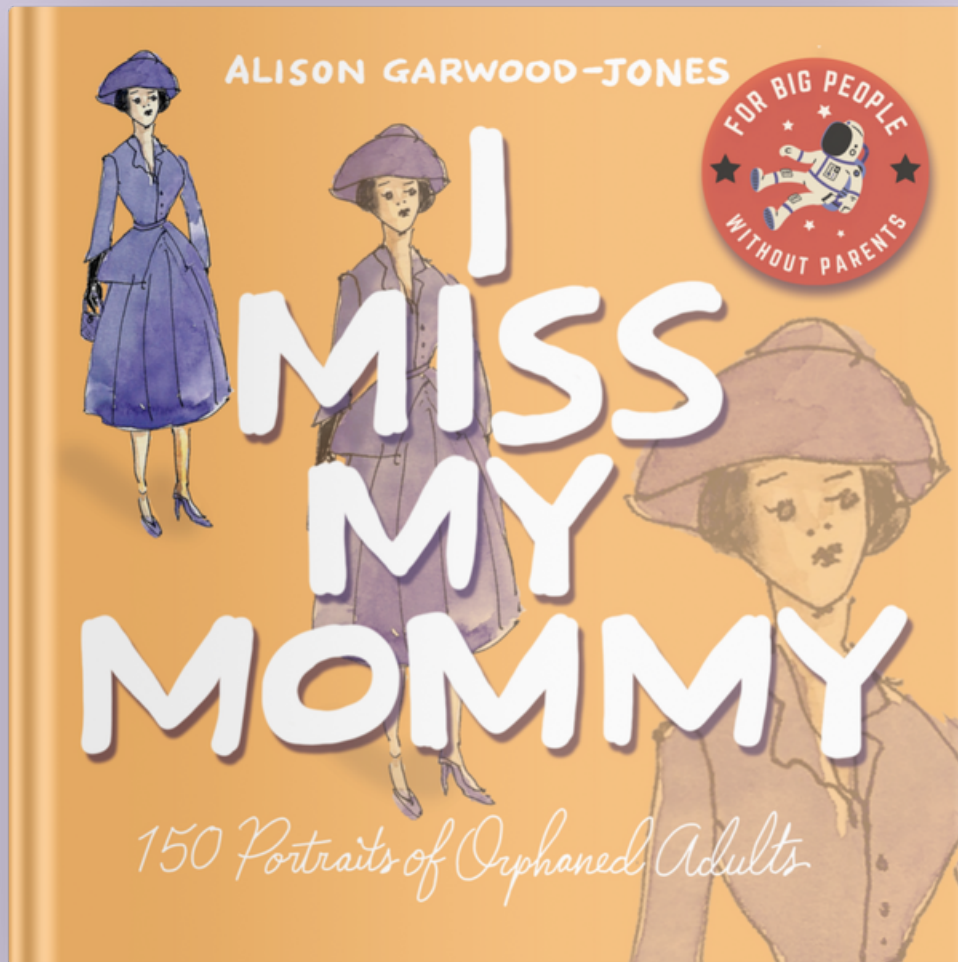




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Your preview



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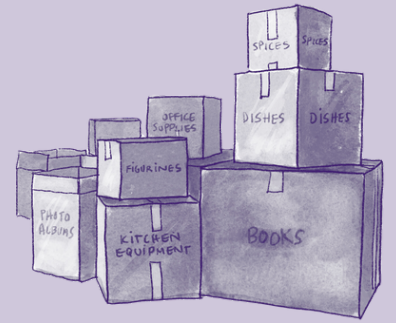
## Grief Makes You ...

- ✿ Grief makes you rethink your wardrobe.
- ✿ Grief makes you notice your eyelashes and hands.
- ✿ Grief makes you lose weight or grow a new belly.
- ✿ Grief makes you marvel at people who jog at dawn.
- ✿ Grief makes sitting up straight physically taxing.
- ✿ Grief makes you look at composting in a different light.
- ✿ Grief makes you realize that the time before your first grey hair was so brief.
- ✿ Grief makes you forget to breathe.
- ✿ Grief makes you feel like a body without a head.

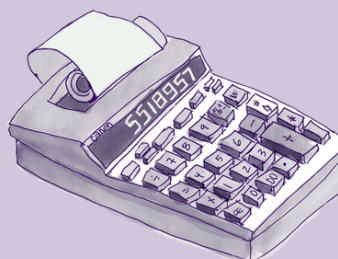


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CHAPTER



- ❁ Grief introduces you to storage units.
- ❁ Grief drowns you in paperwork.
- ❁ Grief makes you constantly overwhelmed.
- ❁ Grief makes all deadlines too aggressive.
- ❁ Grief makes you wonder whose idea it was to throw yourself at the economies of scale.
- ❁ Grief makes people's online declarations of career success sound like background noise.
- ❁ Grief makes you revisit your retirement savings.
- ❁ Grief makes you sit for a moment too long inside your idling car.





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Grief rearranges your marriage.



Grief slurs your speech.



Grief makes you dig out old letters and photos.



Grief makes youthful ignorance seem like the calm before the storm.



Grief makes you study the aging faces of your childhood movie idols.



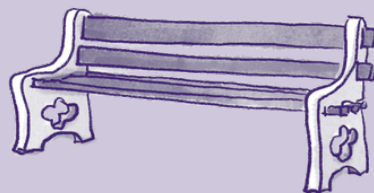
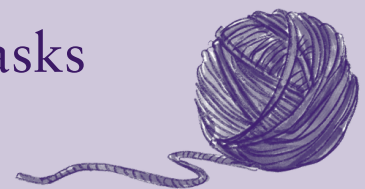
Grief makes you search the Internet for classmates to see if they made it to now.



Grief changes the ads you see.




Grief makes you crave repetitive tasks like gardening, needlepoint, and whittling.



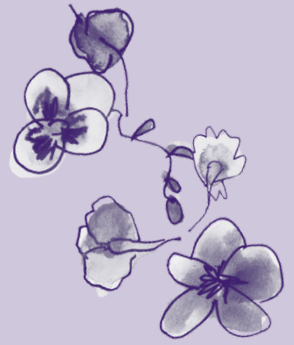



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 Grief makes you laugh harder at your kids' jokes.


 Grief makes you repeat your mom and dad's favourite sayings.


 Grief makes spring flowers feel like a freaking miracle.



 Grief makes the way your pet looks at you feel painfully sweet.



 Grief makes you more open to helping a friend in trouble.

 Grief makes you look for your birth year pop music charts.

 Grief makes you believe in God when you're flying in a plane.



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Grief offers some people their first chance to stop running. For others, it's their last chance.



Grief clarifies your priorities.

*Finally, tuck this one in your wallet before you head out today: Grief helps us see that life is what we make it.*



*I hope you found  
this preview comforting*

Alison Garwood-Jones

PenJarProductions.com



# Tell a friend



**This book is for people 50-plus learning to do life without their mum and dad.**

I MISS MY MOMMY takes you to the very heart of the Five Stages of Grief through a series of illustrated portraits, some grim, some funny, but all relatable. Dip inside to find yourself, or someone you love but don't quite understand. Regardless of the stage you're in — and that can change by the hour and the minute — this picture book will offer a helping hand or a swift kick in the ass.



**I Need This**

