

# SACRED GRIEF

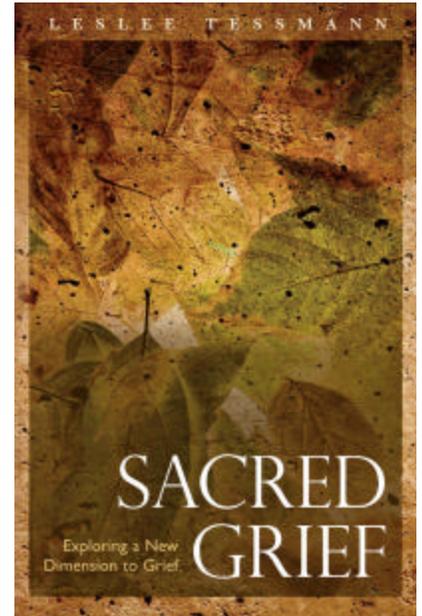
## *Exploring a New Dimension to Grief*

**SACRED GRIEF** is more than just a self-help book and unlike any other grief book you'll find in your local bookstore. It's not about the grief process. It's about creating a friendly relationship to grief and reducing unnecessary, self-induced suffering and, instead bringing peace and calm to the process while moving forward with the complete unfolding of one's life.

Most books about grief, death and dying deal primarily with defining and understanding the process. **Sacred Grief** goes beyond that work and explores a new dimension to grief. The book discusses and explores our relationship to grief, our capacity as human beings to choose the context for our grief, and what would be possible if we chose "sacred" as that context—both individually and collectively.

"A powerful exploration of a universal human experience! Using true-life accounts and personal experiences, Leslee Tessmann masterfully leads us beyond the process of grief itself, into a bold new perspective of our life-long relationship with change. Because we will all have the experience, *Sacred Grief* is a compelling guide for everyone searching for the sweetness in life's great passages."

~ **Gregg Braden**, *New York Times* best-selling author of *The Divine Matrix* and *The God Code*



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### THE AUTHOR



**Leslee Tessmann** discovered her passion for writing at age 18. As her new book, *Sacred Grief*, describes, a lengthy period of losses and life challenges distracted her from pursuing a career as an author. During that time, her work as a marketing consultant and technical writer kept her interest in writing alive. However, it wasn't until her father's death in 2004 when Leslee began to devote attention and energy to her writing. As life made its twists and turns, she also became passionate about the power of language. With patience and perseverance, Leslee diligently unraveled the thick web of inner dialogue that had her lost in her grief for many years. The insights and wisdom gained during that period of exploration led her to answer her calling as an author and write a book that would inspire and make a difference for others.

Leslee was born and raised in the rural community of Watertown, Wisconsin. She currently claims Houston, Texas, as her home.

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