

Praise for Diana J. Ensign's HEART GUIDE

"This compassionate book connects the reader to intimate and powerful stories of loss and to personal antidotes for healing grief. These raw, unscripted conversations about loss help comfort and encourage anyone who has felt abandoned by grief." —**Anne Alderfer, LCSW, Hospice Social Worker**

"In this book Diana Ensign gently holds space for individual stories of life, death, grief and love. She artfully gathers, frames and displays each story as simultaneously unique and universal. HEART GUIDE proves to be an excellent grief journey companion." —**Kelly Garry, LCSW, Counselor in grief, loss, change & transition**

"My heart is in joyful gratitude and wonder! This is a gift to all who grieve, all who suffer a yet unattended grief, and all whose grief has been silently, secretly festering for years. I celebrate each personal story shared." —**Louise Dunn, author, *Beyond Your Past*, www.HeartlandMiracles.com**

"Those whose lives have been shaped by the deaths of loved ones share the limits of loss that may isolate us from relief. Diana Ensign has listened carefully to people who are intimate with grief and encouraged them to share with others their process for recovery. If you are wrestling with grief, read this book for insightful lessons on returning to hope, joy, and laughter." —**Elsa F. Kramer, editor, *Branches Magazine***

"In this fine collection of personal interviews, Diana Ensign gently and skillfully 'listens into speech' a variety of honest, heartfelt, and healing stories. Her compassionate, non-judgmental and attentive ear enables each grieving soul to find its voice and to give expression to both pain and resiliency. The result is a gift to us all, as we come to understand that the most deeply personal insight turns out also to be the most universal truth: love bears all things." —**Rev. Dr. Bruce Johnson, Unitarian Universalist Minister**

“Diana Ensign’s reverent approach to asking deep and stimulating questions about death opens a safe space to explore grief. Pain has not been a communal activity in recent times. In our positivistic culture, we are expected to carry our suffering alone, not burden others with it. These stories make clear that grief is a universal and profoundly human experience. It is in sharing our grief that we develop the capacity to be open to our suffering and to the suffering of others and to the reality of death as a human experience that needs community support.” —**Ingrid Sato M.S., LMFT, LCSW, Co-founder of *Friends of Awakening Sangha***

“Few losses are as painful as the death of someone close. There is no journey as personal and life changing. In this beautifully written book, compassionate guide Diana Ensign shines a light on the road through grief. For those who have experienced the loss of a loved one, here are strength and genuine words to inspire and comfort.” —**Richard Brendan, M.A., Speaker, Counselor, Radio Host**