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## AFTERWORD

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*May the road rise up to meet you. May the wind be ever at your back. May the sun shine warm upon your face and the rain fall softly on your fields. And until we meet again, may God hold you in the hollow of his hand.*

~Irish Blessing

**W**e spend so much time thinking about living, and so little time preparing for death, even though each of us must face death one day. My hope is that this book has helped you – given you practical ideas on what to think about and work through both before and after the death of your loved one.

My mother passed away in 1998, and yet I still find myself crying on occasion, longing to talk with her – be with her. Losing a loved one leaves its mark –

emotions, memories, pain. What will you do with that experience?

I am forever changed by the loss of my mother, by the experience of being by her side on her final journey. I have chosen to write about this experience to honour her and to reach out to all those who must one day walk beside a loved one on their final journey.

With thoughts and prayers,

Jeanne M. Sedun