



## Kimberley Pittman-Schulz

AUTHOR & MENTOR  
GRIEF & LIFE AFTER LOSS



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## ABOUT

My dance with loss started early. I survived a house fire that my sisters, sleeping in the same room, did not. By midlife, after weathering a series of deaths, losing my mother two weeks after the suicide of a friend left me shattered. I spent two years in "loss limbo" until I figured out a system for living with loss **and** with joy every day.

**Today, as author & mentor, I help people, especially women, at midlife and beyond integrate the loss of someone they love into a vibrant, meaningful new season of life.**

## A DIFFERENT VIEW

**Grief doesn't take away the light—it illuminates a new path forward.** When we stop avoiding grief and instead let it deepen our connection to life, it becomes the creative wellspring for a new sense of purpose, resiliency, curiosity, and inner joy.

**Grief doesn't end your journey—grief reimagines it.**

## SPEAKING TOPICS

- The 4 Grief Releasing Pathways—a new framework
- It's not too late to live again & other belief-shifting
- Continuing the bonds with the beloved
- How to take a break from grief with sensory healing
- Reclaiming purpose & identity in the midst of loss
- Living forward by tapping into nature & creativity
- Addiction & grief in recovery
- Releasing regrets through nurturing self-talk
- Communal, global & generational loss
- When an animal companion dies—the loneliest loss

## THE BOOK | *GRIEVING US*

**Amazon #1 New Release upon publication**

“ Kimberley Pittman-Schulz is an exquisite author who beautifully describes and explains the process of dealing with loss and coming out on the other side even stronger. — Sky N.

