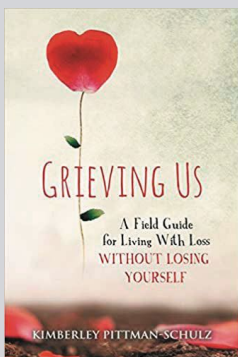




KIMBERLEY PITTMAN-SCHULZ

Author of *Grieving Us: A Field Guide for Living With Loss Without Losing Yourself*

Key Focus: helping people transcend grief and reimagine life after loss



Kimberley Pittman-Schulz is an award-winning poet and author who writes, teaches, and speaks about death, living mindfully, and being a force for change in the world. She helps those struggling with loss, especially women, to cultivate joy in their lives. By following her steps, beginning with simple mindful sensory moments (what she calls Tiny-Come-Back-to-Your-Senses Rituals), those in grief can learn to create space for this joy to emerge, and re-engage with life through giving to a cause bigger than themselves.

Neither a grief counselor nor a therapist, Kimberley offers a fresh, unique perspective through her personal experiences with loss and grief as well as her work as a philanthropist and an end-of-life planning advisor. She challenges the common assumption of grief and joy as opposites and believes that they can, and do, co-exist, and that with practice you can grow joy and well-being. Kimberley's book, *Grieving Us*, was a #1 New Release on Amazon in several categories upon its release in March 2021.

SUGGESTED INTRODUCTION:

Today's guest, Kimberley Pittman-Schulz, is an award-winning poet and author who writes, teaches, and speaks about death, living mindfully, and being a force for change in the world. With 25+ years as a philanthropy leader and charitable & end-of-life planning advisor, Kimberley has worked with incredibly diverse people looking for meaning after the loss of a spouse, partner, child, sibling, parent, grandparent, or beloved animal. Her focus is helping people cultivate joy every day so they can more deeply experience the meaning and beauty of their one-and-only lives.

INTERVIEW TOPICS

- The power of Tiny-Come-Back-to-Your-Senses Rituals to cultivate joy in the midst of grief
- Post-Pandemic Grief: How to re-enter the world when your heart still hurts
- Grieving the Animals We Love: Why the loss of animal companions/pets can sometimes be more difficult than the loss of people
- Grieving Mindfully: Come back to your senses and create a new life after loss
- Giving as healing: How people survive loss by helping others
- Being An Avatar as a Grief Healing Strategy: How to hold on to the ones we love and lost by living for them as well as ourselves

Her practical advice about being present with daily rituals, and that grief is love that needs somewhere to go, touched my heart in a profound way.

Susan Prior
grieving reader

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