



A Pilgrim's Way through Grief - A Guide to a Night on Buddy's Bench Endorsement

I have been involved with hospice and end of life care for over 35 years. During that time, I have read countless books on grief and loss. ***A Night on Buddy's Bench*** has touched me in ways that no other has. Ira Baumgarten has managed to lead us on a journey, not judging where we are and why, and then letting us unfold the lessons of loss and healing. I reread the book recently after the loss of a close family member, and found myself going on this very special journey through the book gaining more insights about myself and my grief. Somehow Ira Baumgarten created the ability while you read the book to lift you into the pages, to hear the owl, to smell the sea, to feel the wind, and to feel the bench!

The workbook, ***A Pilgrim's Way Through Grief A guide to A Night on Buddy's Bench*** was a collaborative effort between HPCANYS hospice bereavement providers and Ira. That real world clinical experience with Ira's passion and compassion coupled with his own journey through grief has created an exceptional guide that helps bereavement professions with unique ways to use '***Buddy's Bench***' with grieving clients both one on one and in groups. It is also useful for an individual to take the Guide and walk themselves through the guide and the book looking for and gaining insight into their feelings and their personal grief journey, to find meaning in our losses, and to experience our strength and tenacity.

Carla Bravemen, Executive Director of HPCANYS