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# Grief with Ease

*Mercy Montes*

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Grief with Ease Summary
By Anthony Vallez
My life was never an 'Easy Peasy' cakewalk, in fact I encountered many hard times and went through countless phases and types of grief even though I did not recognize it at the time. Well, now I do and I want you to as well. Grief comes in many forms and various phases in your life. From grieving over a breakup to grieving the loss of a loved one, you've all been through it!
Personally I loved change, but when changes in life didn't meet with my expectations I fell into a form of grief that I did not yet recognize, nor did I understand. I thought I was depressed but actually I was experiencing grief. The two are easily misunderstood and often confused with one another. This book and the exercises in it are in tuned to help foster a deeper understanding and ability to recognize grief, in healthy ways to deal with it. From this book, my hope is that you to gain the ability to recognize various types of grief; how they impact your life, and how to cope with grief on a much gentler level. Grief requires the acceptance of change and the resistance of change only induces pain and suffering, when grief is chosen. If you allow change and chose to be happy, then you ultimately contribute to grief with ease. If you instead avoid grief, you then avoid life. You must understand your grief to understand yourselves and enjoy life.
Anthony I Vallez

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