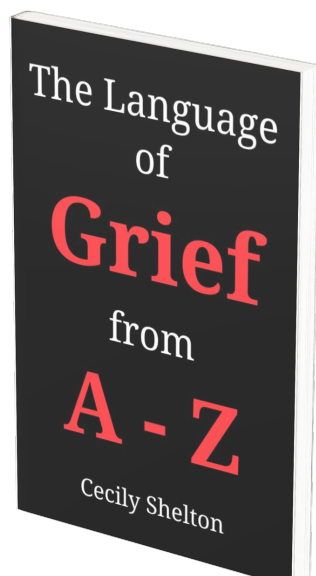


Cecily Shelton is an educator, speaker, and grief advocate who writes from the raw center of lived experience. After the heartbreaking loss of her child, Cecily found herself searching for language to name the pain, a way to make sense of the silence, the ache, and the weight of life after loss. What she discovered was a language all its own: the language of grief.

Cecily writes to heal not just herself, but anyone who feels alone in their mourning. She believes grief has a language, and we can learn to speak it together.



*The Language of Grief* is a deeply personal and reflective journey through the emotional terrain of loss. Framed through the lens of the alphabet, each letter introduces a word connected to the experience of grief. Each entry is paired with a "Make It Plain" section, where the author brings raw honesty and vulnerability to the forefront, drawing from personal experiences to shed light on the often-unspoken truths of grief.

This book honors the complexity of grief while striving to make its meaning clear. It does not offer easy answers or tidy conclusions but instead provides language for the unspeakable and companionship for the journey. Readers are invited to sit with their pain, find resonance in shared humanity, and discover moments of purpose, even in the midst of heartbreak.

*The Language of Grief* is not just a book. It is a compassionate guide for anyone who has loved deeply and lost profoundly. It is a call to honor grief's presence, make sense of its language, and slowly, gently earn to live through the pain.