

THE EDGE OF EVERYDAY

with
SANDRA BARGMAN



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**3/15/2024 | The Edge of Grief + Happiness
with Emily Thiroux Threatt**

Today we are **#LIVEintheHIVE** with Emily Thiroux Threatt, author of **Loving and Living Your Way Through Grief: A Comprehensive Guide to Reclaiming and Cultivating Joy and Carrying on in the Face of Loss.**

Emily Thiroux Threatt is an author, podcast host, speaker and founder and facilitator of The Grief and Happiness Alliance.

Her books include:

Loving and Living Your Way Through Grief: A Comprehensive Guide to Reclaiming and Cultivating Joy and Carrying on in the Face of Loss, The Grief and Happiness Handbook: A Supportive guide to Help you Reclaim your Life While Grieving and The Grief and Happiness Cards: Gentle Support for Dealing with Grief and Finding Happiness.

She is winner of the Book authority Best New Grief Book and the Silver Medal for the Living Now Book Awards and the Bronze Global Book Award.

She is the Founder and facilitator of the Grief and Happiness Alliance

Emily is the host of the Grief and Happiness weekly podcast. And she is a Happy For No Reason certified trainer.

Emily's books and her body of work reassures us in knowing that the grief process is not "one size fits all". How can we learn to reweave the death, dying, and loss process into our life understanding? How can we reclaim our deep wisdom in knowing that death and loss is a part of life and to embrace it with grace, curiosity and self-compassion?

We discussed her early life work that connected her the the death and dying process. We heard the stories of the transition of both of her husbands and how her these experiences, combined with her writing skills, led her to writing her exceptional books. She gives tips and ideas for coping with loss of any kind.

Listen in to this depth-filled conversation.

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