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Coping with Grief

In Your Own Time and Your Own Way

San Francisco, CA (March 1, 2011) -- As any one who has suffered a major loss knows grief can engulf you like a tsunami. Grief is never easy and it's always painful.

In her book, *Dancing with the Midwives: A Memoir of Art and Grief*, artist and author, Ann Faison takes us on a journey about grief and the life beyond it. This book is about a mother's grief when her baby is stillborn and the ways in which journaling and drawing helped her through this traumatic time and eventually, expanded her perspective on life itself. Delicate line drawings that express the author's emotional state of mind as she progresses through the stages of healing are scattered throughout the book.

Grief is not the most popular topic, but it has been getting more attention as other writers share their experiences with it. Grief is coming out of the closet, and this book takes a different approach to talking about it.

David Elliott, author of *The Reluctant Healer*, and *Healing* writes: "*Dancing with the Midwives* is one of the most poetic and beautiful books I've read in a long time. Ann Faison has birthed a truly artistic work that touches the heart of parenthood, family and the loss of a child."

Faison shows that grief has an upside and it gives gentle advice to friends and family on how to support anyone who is grieving. Beyond that she gives us a window into ourselves and our fears of death and dying.

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Title: *Dancing with the Midwives – A Memoir of Art and Grief*

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Author: Ann Faison

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