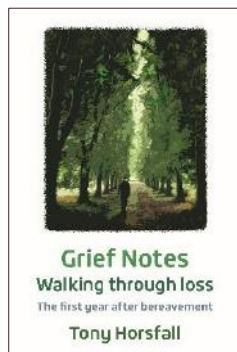


PRESS RELEASE

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22 April 2022



Grief Notes: Walking through loss

The first year after bereavement

Tony Horsfall

Pb, ISBN 978 1 80039 126 0, £8.99

In this poignant, deeply personal new book, best-loved BRF author Tony Horsfall charts his 'walk through loss' after losing his beloved wife Evelyn to cancer. Month by month, from July 2020 to July 2021, he kept diary notes and posted reflections online as he adjusted, slowly and painfully, to his new reality. *Grief Notes* is based on those diary entries and reflections and is interwoven with insights from scripture gleaned along the way, and with information drawn from his wider reading on the subject of grief and bereavement.

Tony writes as a wise, compassionate, empathetic friend. He is very honest and very real; he glosses over nothing, including moments of guilt and regret. But at the end of the year he has come through. He writes: 'I am fully aware that my grief journey is far from over, but a significant milestone has been reached... Now the journey continues, but where to? What will this new normal look like as things settle down again? I have no idea, so I must put my hand in the hand of God and trust that he who has brought me safely this far will continue to lead and guide me. My future is safe with him.'

Praise for Grief Notes

'Many books are written for those grieving or supporting the bereaved, but *Grief Notes* is particularly valuable as a brave, raw, inspiring and practical account of Tony's first year without Evelyn, a grief journey that is unique and without end.'

Ro Willoughby, lay minister, writer and fellow traveller in grief

'Eminently readable, intensely practical and deeply insightful. Charting the journey of the first year of loss as Tony does is so very helpful to those who are living through that experience. My own wife, Barbara, died in 2016, and as I read *Grief Notes* I couldn't help thinking this book would have been an invaluable gift to me during my own first year of grieving.'

Revd Ian Jennings, Anglican priest and author of By a Departing Light

About the author

Tony Horsfall is a well-respected author and retreat leader who has a lifetime's experience in mentoring others, including church leaders and missionaries, both in Britain and overseas. He has written numerous books for BRF including: [Deep Calls to Deep](#), [Resilience in Life and Faith](#), [Fruitful Life](#), [Mentoring Conversations](#) and [Servant Ministry](#). He is also a regular contributor to BRF Bible readings notes, including [New Daylight](#) and [Bible Reflections for Older People](#).

For more information and to order click [here](#).

For a review copy or author interview, please contact:

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