



HEATHER STANG, MA, C-IAYT

AUTHOR, SPEAKER, THANATOLOGIST

HELPING YOU SUPPORT YOUR BEREAVED CLIENTS & STAFF

Heather Stang, MA, C-IAYT is the author of *Mindfulness & Grief*, rereleased in its second edition in 2018. She has a Master’s Degree in Thanatology (death, dying and bereavement) and is a certified yoga therapist and meditation instructor. Her own journey of love, loss and posttraumatic growth fuels her passion for teaching bereaved families and grief professionals how to use mindfulness-based techniques to cope with grief, cultivate resilience, and prevent burnout. Heather is on the Advisory Board for the highly regarded military family survivor organization *Tragedy Assistance Program for Survivors (TAPS)*, and has appeared on the award winning television show, *Open to Hope*. In addition to her own publications, Heather has contributed to *Techniques of Grief Therapy: Assessment & Intervention*, edited by Dr. Robert A. Neimeyer. She is the host of the *Mindfulness & Grief Podcast*, and founded the Frederick Meditation Center in Maryland.

WHAT THEY SAY ABOUT HEATHER AS A SPEAKER...

Heather is a seasoned professional whose commitment and passion shines through her work and her presentations. Upon hearing her speak initially at the Association of Death Education and Counseling’s national conference in San Antonio, I followed up with her to explore possibilities and engaged Heather for the National Hospice and Palliative Care Organization’s 2016 Management and Leadership Conference. Her half-day preconference seminar there was well attended and participants rated the session highly.

BARBARA L. BOUTON, MA, FT
Vice President, Professional Development
 National Hospice & Palliative Care Organization

I would say that ‘mindfulness’ is a gift you will unpack the rest of your life. Too often we humans are just reacting to things one after another. If you want to get off the treadmill, then Heather Stang is the ideal person to guide you. Her work is thoughtful, focused and well researched. I trust her to work with our donor families because of her compassion and openness about her own grief journey. She knows what she’s talking about, but more importantly she helps you find what works best for you.

YIE YIN FOONG, LMSW-SWI
Family Services Outreach Coordinator
 LiveOnNY Organ Donation

I thought it was amazing that in a medium sized room with over 100 people you demonstrated that we could follow your voice and relax. I would say [to others that] Heather Stang is a very knowledgeable person and she can help you learn about mindful meditation. She knows about grief, stress, relaxation and more. Heather helped over 120 people by speaking at the Western Maryland Dementia Conference; if you have a chance to work with her, I think maybe she can help you too!

SUSAN DWYER LCSW-C
Education Coordinator
 Alzheimer’s Association, Greater Maryland



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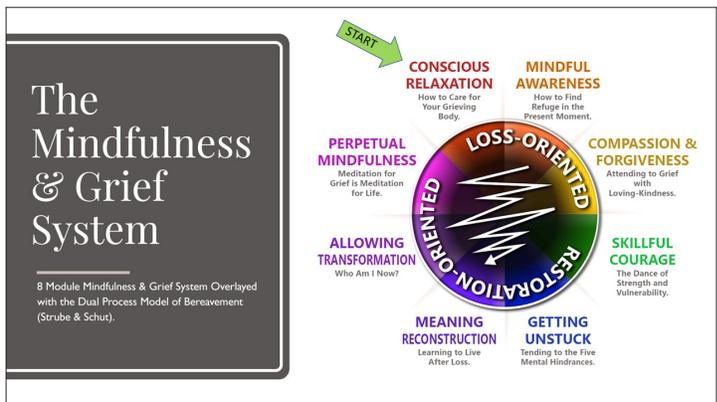
THE MINDFULNESS & GRIEF BOOK BY HEATHER STANG

Based on the 8-week program developed by thanatologist and certified yoga therapist Heather Stang, *Mindfulness & Grief* features over 35 meditation, yoga, journaling, and expressive arts exercises.

(PUBLISHED BY MINDFULNESS, ETC. 2018, AN IMPRINT OF RYLAND, PETERS & SMALL)

Coping with grief and loss is one of life's greatest challenges, and it can be hard to know how to reduce the suffering it brings. *Mindfulness & Grief* is your self-care toolkit, designed to help you cope with everything from sleepless nights to anxiety-filled days, while boosting your body's natural resilience against stress through grief and beyond.

Combining inspirational stories of hope and healing with contemporary grief research, evidence-based meditation techniques, and the knowledge that each of us grieves in our own way, *Mindfulness & Grief* has helped thousands of people worldwide navigate the disorienting path of loss.



PRAISE FOR MINDFULNESS & GRIEF

Heather Stang offers those who are grieving a wise and practical guide. The stories, teachings and meditations in this book will help you find your own inner strength and awakening heart in the midst of great loss.

TARA BRACH, Ph.D.

*Author of Radical Acceptance & True Refuge
Founder, Insight Meditation Community of Washington*

When we are more firmly grounded in our bodies, as Heather Stang demonstrates, we are better able literally and metaphorically to find a new footing in the world, and to restore a life of meaning and coherence.

ROBERT A. NEIMEYER, Ph.D.

*Director, Portland Institute for Loss and Transition
Editor, Techniques of Grief Therapy*

Heather Stang's *Mindfulness & Grief* is a must read and must have for those in grief and those who work with the bereaved and the traumatized. Mindfulness practices can help us hold what we think we cannot hold and bear what we believe we cannot bear. Heather makes learning and practicing mindfulness and meditation accessible and her approach is gentle and supportive. Her structure allows those who may be overwhelmed and in pain to take mindfulness one small practice at a time. For grief professionals, the practices are easy to implement and effective. As both a professional therapist and a grieving person, I highly recommend this book.

KARLA HELBERT, LPC, C-IAYT, E-RYT

Author of Finding Your Own Way to Grieve, Yoga for Grief and Loss, The Chakra System in Grief and Trauma



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