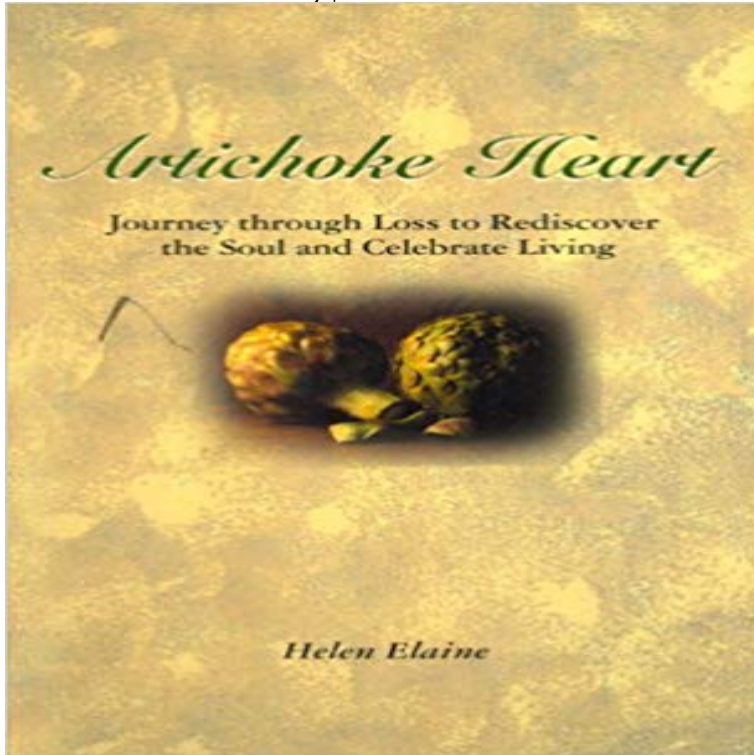


Artichoke Heart: Journey through Loss to Rediscover the Soul and Celebrate Living



At some point in our lives almost all of us suffer loss and grief. Will we stuff our emotions? Develop physical symptoms? Act out in ways we regret? Or will we perhaps turn to a kind friend, a professional caregiver, or a researcher knowledgeable about our soul at a time like this? Helen Elaine is all three of these in *Artichoke Heart*, which is about the alchemy of transformation in practical terms. She is believable because she writes with the down-home voice of the kind neighbor who happens to be very caring and wise. She pulls from her own experience of loss and grief, her professional training and research, and her healing work as a guide for others. If your heart is hurting, you just might find some solid guidance in these pages.

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