

# The Journey Is The Reward

by Doug, Renee, and Kim LaViolette,  
with Karolyn A. Gazella  
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## Inside jacket cover message:

Have you or someone you know lost a loved one? Do you struggle to find purpose and meaning in your life after experiencing a loss? Are you having difficulty coping with certain life events, such as losing a job, divorce, or illness? If you answered "yes" to any of these questions, you are probably searching for realistic inspiration and motivation.

While this book focuses on healing from loss, it is more about living than grieving. Through the eyes of one family and those who supported them along their journey, you will witness profound pain and courageous healing. These ordinary people provide a clear picture of extraordinary hope and triumph.

This book shatters the myths about grieving and how to cope from loss. A variety of perspectives are presented in an easy-to-read format. Although intense at times, comfort and resolution are woven throughout.

Just as we take care of our bodies through exercise, and our minds through learning, we must also consistently rejuvenate our soul. This book clearly demonstrates that great compassion, immense gratitude, and deep spirituality are all within our reach no matter what our present circumstances are. These pages contain vivid descriptions and a *rich understanding of the human spirit and its innate ability to not only survive but thrive*. It is an emotional nourishment for the starving soul.

Doug and Renee LaViolette, along with their daughter Kim, created The *Brian LaViolette Scholarship Foundation*. It is in the memory of Brian, who died in a tragic drowning accident. The Foundation is dedicated to *providing financial assistance to deserving high school seniors* throughout the United States.

Karolyn A. Gazella is an accomplished author and freelance writer. She has written several books, booklets, and magazine articles on the topic of health and wellness.

