

For all the things  
left unsaid...



## Hey Dad, Are You Out There?

A Collection of Grief Journals With  
Gentle Prompts To Help You Heal After  
The Death Of a Parent or Partner

Featuring easy instructions and 98 delicately lined pages, you have the perfect place to put all your messy emotions and thoughts that emerge in the grieving process after losing your dad.

Using the 60 thought invoking prompts and handy check boxes at the front of the book, you can chart your own course through your journalling journey. Pick one sentence at random or work down the list, checking them off as you go. The delicately lined pages are designed to write it all out, filling as many or as few sheets as you need for your thoughts.

- Handy 6"x9" format
- 60 thought provoking prompts
- 108 pages total
- Available in both paperback and hardback
- Versions tailored for Dad, Mom and Partner



### WHO IT'S FOR

This powerful little grief journal is perfect for people who are:

Struggling with the loss of their parent

Looking for a way to remember and reflect on memories of their partner

Needing a safe place and simple format for writing out their feelings

Wanting a simple and flexible tool for self-guided journaling

Helping a friend or loved one through the grieving process

Looking for a gift to present at funerals, wakes and memorial services



Order  
today

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books@blixastudios.com

www.blixastudios.com



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