



Faith, Grief & Pass the Chocolate Pudding

Heather Wallace, Stuart Rubio

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Best book on grief ever. Why? Because it's real. Because it tells you you're not crazy. Because even though you're in the midst of grieving and there's all this noise and confusion in your head screaming at you, this book is the sweet whisper from Heather and Stu saying, "I get you. You're not crazy. It's gonna be ok."

When Heather Wallace lost her father, all she really wanted was a book that could make her laugh, feel less alone in her grief, and would help her feel a little less crazy. She couldn't find that book. So she decided to write it.

The end result is *Faith, Grief & Pass the Chocolate Pudding*, a book some might compare to a manual on what not to do while grieving, or the idiot's guide to not losing your mind through loss. The self-proclaimed "Princess of Chocolate Pudding," Heather's brutally honest, humorous approach to dealing with grief and her ability to share the story of her journey through the loss of her father is both refreshing and hilarious.

In *Faith, Grief & Pass the Chocolate Pudding*, co-author Lieutenant Colonel Stuart Rubio shares the loss of his younger brother Jamie from a guy's perspective. And because he considers himself slightly less weird than his friend, Heather.

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From reader reviews:

Sarah Davis:

Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they performing activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your free time/ holiday? Might be reading a book may be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled Faith, Grief & Pass the Chocolate Pudding can be great book to read. May be it is usually best activity to you.

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Danielle Deguzman:

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