

# Hope Edelman

AUTHOR / SPEAKER / COACH

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**MORE THAN 1 MILLION READERS**



**15K FACEBOOK FOLLOWERS**



**10K + INSTAGRAM FOLLOWERS**



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# ABOUT

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Hope Edelman has been writing, speaking, and leading workshops and retreats in the bereavement field for 30 years. She was 17 when she lost her mother to breast cancer and 40 when her father died, events that inspired her to offer grief education and support to those who cannot otherwise receive it.

Hope's first book, *Motherless Daughters*, was a #1 *New York Times* bestseller and appeared on multiple bestseller lists worldwide. Hope's most recent book, *The AfterGrief*, offers an innovative new language for discussing the long arc of loss. She has published six additional books, including *Motherless Mothers* and the memoir, *The Possibility of Everything*. Her work has been translated into 14 languages and published in 11 countries.

Hope has also published articles and essays in numerous publications and anthologies, including [\*The New York Times\*](#), [\*The Los Angeles Times\*](#), [\*The Washington Post\*](#), [\*Real Simple\*](#), [\*Parade\*](#), and [\*CNN.com\*](#). She holds a bachelor's degree in journalism from Northwestern University and a master's degree in nonfiction writing from the University of Iowa. She is a certified Martha Beck Life Coach and has done certificate training in narrative therapy and trauma support services.

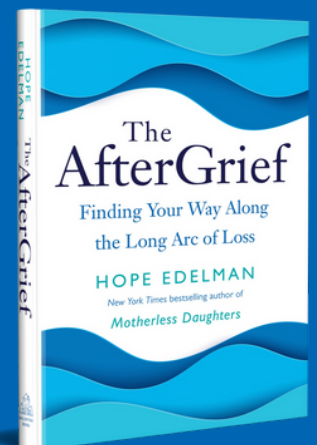
## NEWEST BOOK RELEASE

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A validating new approach to the long-term grieving process that explains why we feel “stuck,” why that’s normal, and how shifting our perception of grief can help us grow—from *The New York Times* bestselling author of *Motherless Daughters*

“ This is perhaps one of the most important books about grief ever written. It finally dispels the myth that we are all supposed to get over the death of a loved one.

—[Claire Bidwell Smith](#), author of *Anxiety: The Missing Stage of Grief*



# IN THE MEDIA

## WRITTEN

The  
New York  
Times

The  
Washington  
Post

Los Angeles  
Times



Parade

Psychology Today

## LIVE INTERVIEWS & PODCASTS

Talks  
at  
Google



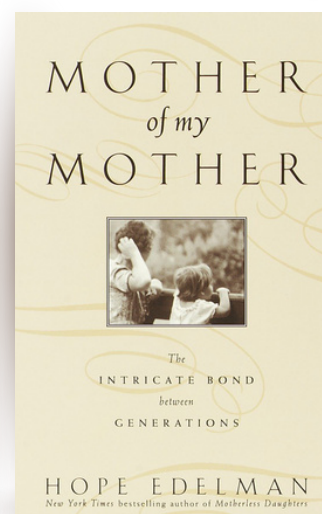
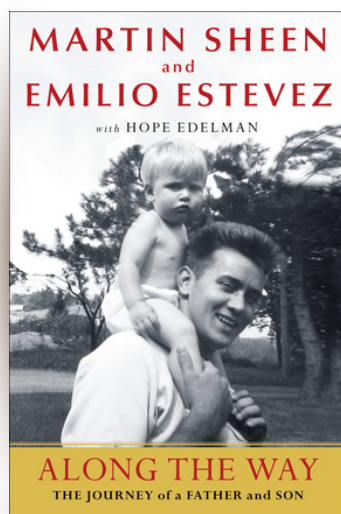
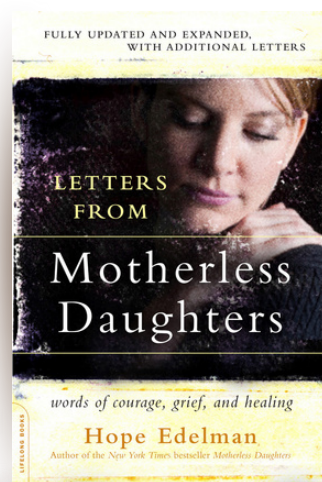
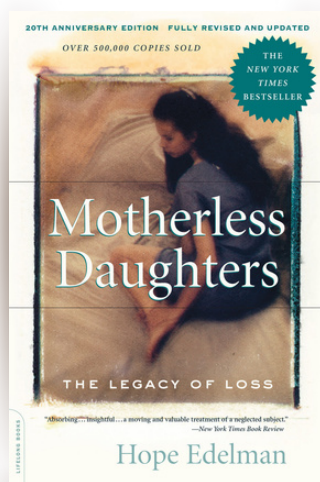
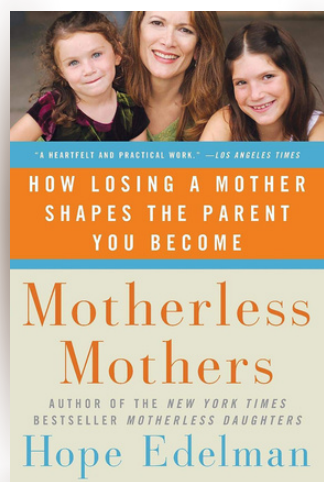
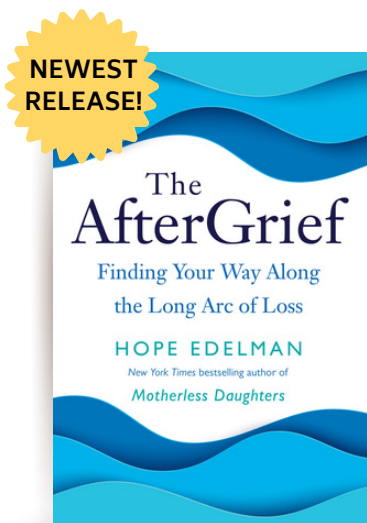
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When we live in uncertain times, we look for things that help us make sense of our world. The AfterGrief offers just that. It's an invaluable, outstanding and unique resource laced with empathy, wisdom and constructive ideas for those whose lives have been touched by loss and tragedy. Personally, as one of the country's leading experts on grief, I cannot wait to recommend this.

- Dr Shelley Gilbert, Founder and President of Grief Encounter

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# OTHER BOOKS BY HOPE



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Tackling trauma like this is priceless. In the 1970s the phone rang one Friday afternoon when I was aged 13 and I was told my mum was dead. If I'd had a roadmap like this for dealing with grief it would have changed my childhood.

- Tony Livesey, journalist and broadcaster at BBC Radio 5 Live

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