



Petersburg, VA Author Publishes Memoir of Loss and Grief

This Memoir Tells How the Author Deals with Loss and Grief

Save a Seat for Me: Coping with Complicated Grief, a new book by Erical, has been released by Dorrance Publishing Co., Inc.

Save a Seat for Me shares with us author Erical's personal loss through suicide, murder, and failed health from traumatic events, how they occurred and a result of how difficult but possible it is to move through the grieving process. Her personal hope is that the book sheds light on these issues and that the readers know they are not alone.

Know that grieving is a natural part of life and the struggle is real. It's the coping with the loss and emptiness of that loved one that puts everything into perspective. There is an empty void there, but she is ready to share with the world. Learn how to view life, how people respond to death, ways of coping with grief, and communicating on a common ground.

About the Author

Erica was born in Petersburg, Virginia, and raised in Prince George, Virginia. She has been in the medical field all her adult life, taking care of people when these tragic events occurred right behind each other. She is a mother of a blended family of seven beautiful children, a wife, a sister, and a supportive aunt. She is open to public speaking, teaching, and educating people. She is an advocate for patient rights, quality of life, and helping support ways to address depression, personal loss, and coping with grief.

Save a Seat for Me: Coping with Complicated Grief is a 76-page paperback with a retail price of \$11.00. The ISBN is 978-1-4809-3412-2. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore www.bookstore.dorrancepublishing.com.