



**Tom Zuba, Author of #1 Best-selling book
Permission to Mourn: A New Way to do Grief
Thursday, Sept. 13th at 7:00pm
St. Damian School, Shaw Hall
5300 W. 155th Street, Oak Forest, IL.
Hosted by St. Damian Bereavement Ministry**

Best-selling author Tom Zuba will share his hard-earned knowledge, wisdom and tools to help you create a safe, sacred space where healing can occur. Tom understands that everyone grieves, but most have forgotten how to mourn. In order to heal, we must give ourselves permission to mourn. Once you understand the difference between grief and mourning you can identify and begin to take concrete steps to gently heal your broken heart.

Tom is convinced that none of us came to this planet to suffer. We were born to be radiant, not in spite of the fact that someone we loved died - but because of the fact that someone we love died. Tom can help you become the radiant being you were born to be.

Tom Zuba's Bio

Tom Zuba is one of the lucky ones. He knows exactly why he was born. Tom came to Planet Earth to teach those learning to live with the death of someone they love A New Way to Do Grief. Tom's teachings are based on the knowledge, wisdom and tools he continues to gain as he learns to live with the death of his 18 month old daughter Erin in 1990, his 43 year old wife Trici in 1999, and his 13 year old son Rory in 2005.

Tom is the author of the #1 best selling book **Permission to Mourn: A New Way to Do Grief** available at amazon. Tom is a life coach and speaker and travels all over the country helping people heal. Tom and his son Sean live in Rockford, IL. To learn more www.TomZuba.com