

# Grief Recovery Specialist Jennifer Kasander to be Featured on CUTV News Radio

BANGOR, PENNSYLVANIA, UNITED STATES, December 17, 2018 /EINPresswire.com/ -- Jennifer Kasander is a woman who experienced more than one significant loss. After her sister passed on in 2001, she thought she'd recovered, only to see those horrible feelings return when Jennifer lost her husband (and the business they'd built and worked at together.) Jennifer feels that when we experience this kind of painful loss, we're looking for a way to heal, and to find answers, but don't know where to turn. People in grief seek ways cope with their emotions and rediscover the joy in life. Jennifer discovered a set of tools that were effective and can be used over and over again as you face life transitions; it was so powerful for her that Jennifer became one of the certified coaches in that method--The Grief Recovery Method.



Most of us, Jennifer says, think of grief and immediately associate it with death. While death and divorce are two of the most traumatic losses, there are many others that have emotional bearing. These losses can leave you in a state where you go through the motions, but don't live with real passion and vitality. Loss, she says, is any significant change in our normal patterns of behavior. The experiences can vary in intensity and could be something like when your child is going off to college, your work schedule or career focus is suddenly different, your pet is struck by a car, or when a cherished friend stops talking to you. Regardless, loss can put you in a state of grief, and Jennifer says, our society does not teach us how to grieve very well. We are ill-equipped to handle the rush of emotions we face.

As a specialist in The Grief Recovery Method, Jennifer helps people identify the missing pieces, the trapped emotions, and the undelivered communications that keep us in a state of pain. She helps the grieving realize life still has meaning and to answer all those internal questions, and to take small and precise steps forward. Realizing that there is hope and they are not alone is the first part of helping many people heal.

One of the messages on Jennifer's website reminds people that the grief processes may not be easy, but it is normal and natural. She says here are many myths that keep the grieving in pain. Jennifer reminds those going through a loss they will still feel sad sometimes, but they don't have to be crippled by it. Knowing that there are ways to help you through the process and to feel vital and empowered again, can turn the memories from painful ones to fond ones.

Be sure to listen to Jennifer's personal story and hear how she works through all those emotions, fears and regrets. You'll also learn more about how she discovered her new purpose as a life coach and grief recovery specialist... and is now helping others to bounce back from their deep-felt losses.

CUTV News Radio will feature Jennifer Kasander in an Interview with Jim Masters on Wednesday, December 19 at 12:00 p.m. EST

Listen to the show on [BlogTalkRadio](#)

If you have questions for our guest, please call (347)996-3369

For more information about Jennifer and her grief recovery coaching visit her website:  
<http://www.jennifergriefrecovery.com>

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