

Personal Loss Inspires Therapist's New Book on Finding Meaning Through Grief

After experiencing profound personal losses, therapist Laura Walton wrote [The Yoga of Grief](#) to offer a compassionate approach to grief.

PHOENIX, AZ, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- For Licensed Marriage and Family Therapist [Laura Walton](#), [grief](#) is more than a clinical specialty—it is a deeply personal journey that has shaped both her life and her work. Her newly released book, [The Yoga of Grief](#), was born from years of supporting grieving clients while also carrying the lasting impact of profound personal loss.

Walton experienced the death of her father by suicide as a young adult and later lost her boyfriend to an accidental heroin overdose. Those experiences, along with years of clinical practice, led her to ask a different question about grief: What if healing isn't about moving on, but about learning to live differently?

That question became the foundation for [The Yoga of Grief](#), a book that integrates the timeless wisdom of the Eight Limbs of Yoga with contemporary grief therapy. Rather than offering a roadmap for "getting over" grief, the book invites readers to cultivate self-awareness, compassion, presence, and resilience as they adapt to life after the death of someone they love.

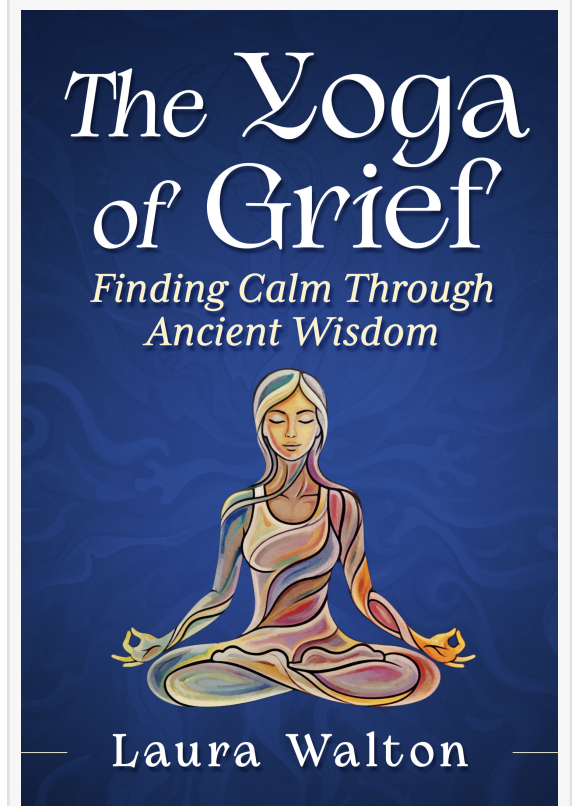
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I didn't write this book because I have all the answers. I wrote it because I know what it feels like to search for them after someone you love dies.”

Laura Walton

Through personal reflection, therapeutic insight, practical exercises, and yogic philosophy, Walton encourages readers to view grief as an experience that can deepen connection—not only with those who have died, but also with themselves and the life they continue to build.

"Writing this book required me to revisit some of the most painful moments of my life," Walton says. "My hope is that



The Yoga of Grief Book Cover

readers feel less alone and discover that grief can become a teacher—not because we would ever choose it, but because it changes us in ways we never expected."

Mental health professionals, yoga practitioners, caregivers, and anyone grieving the death of a loved one will find *The Yoga of Grief* to be a thoughtful and practical resource that bridges emotional healing with embodied practice.

Laura Walton is a Licensed Marriage and Family Therapist, Approved Clinical Supervisor, author, and retired yoga instructor. She specializes in grief, trauma, and life transitions and is dedicated to helping individuals navigate life's most difficult experiences with compassion, authenticity, and hope.

The Yoga of Grief is available through McFarland, Amazon and major online booksellers.



Laura Walton

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