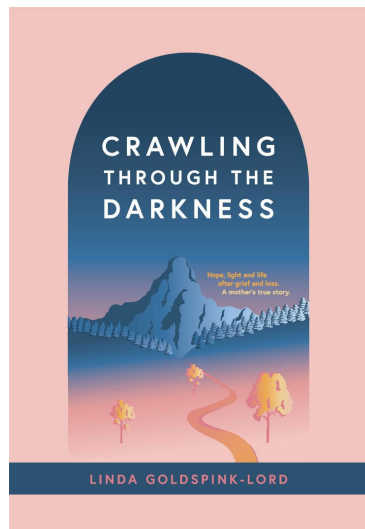


## CRAWLING THROUGH THE DARKNESS

*Hope, light and life after grief and loss. A mother's true story.*

**Linda Goldspink-Lord**



**Heartfelt new book examines grief, loss and reconnecting with life.**

*What happens when one ordinary Wednesday, your child suddenly dies? How do you ever find light and life again? Is it even possible?*

Linda Goldspink-Lord experienced every parent's worst nightmare when her daughter Molly was killed in a tragic accident in 2012. Having also recently lost her mother, and suffered major health problems of her own, Linda found herself in the darkness. But when you've fallen so far, you can't fall any further, do you stay on the ground, or do you get up?

**This moving new memoir is an exploration of grief and loss, but also full of guidance on reconnecting with hope, life and love after hitting rock bottom.**

Part family memoir, part grief manual, and part inspirational life guidebook, *Crawling Through the Darkness* is an opportunity for Linda to share her hard-won wisdom with anyone who needs to feel hopeful about life after loss.

From sharing the raw pain of losing Molly, and the darkness she lived through as a result, to exploring how to find meaning in life and be open to unexpected paths to recovery, Linda's words speak of life, love and human connection, in a truly honest and engaging way.

"I wrote this book because I felt it had to be written," says Linda. "I knew Molly would want this story to be told, and the hundreds of conversations I've had with people about their own losses, struggles with grief and discomfort with death over the past ten years have shown me the very real need we have as a society to rethink life after loss."

***Crawling Through the Darkness* is a book as much about life as it is about death.**

It explores tragedy, loss, grief, and how we talk about the unspeakable in our society, while also providing guidance on how we can build the resilience to recover from life's biggest challenges, and live a full life, built on purpose, and love.

This is a book for anyone looking for answers on how to cope with loss, and how to live a life with awareness and intention.

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<http://www.lindagoldspinklord.com>

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**Praise for *Crawling Through the Darkness***

“Every so often a book lands in your hands that activates your soul and radiates through your entire being. Linda shares with us so deeply, openly, and reverently that we are exquisitely held while we traverse the full spectrum of our feelings. This isn’t just a book about grief - it’s a book about hope and love. It’s a timely and vital gift for humanity.” - Zoe Naylor Actor, Activist & Producer

**About the author:**

Linda Goldspink-Lord has played many roles in her life: daughter, sister, mother, wife, friend, CEO and business founder. And now she takes on a new role: that of author. A natural storyteller, this is the book Linda needed to write. About being grateful for what we have. Remembering what we've lost. Being aware of where we've come from, and looking forward to where we're going.

Linda is an advocate for resilience and growth. Her own complex experiences in life, family and career have led her to a place of great understanding and awareness. As someone who is driven to educate others, Linda is determined to share her own life-changing experiences, as a way of empowering others. She lives with her husband Peter and their kids, horses and dogs, in the Illawarra region of NSW. *Crawling Through the Darkness* is Linda’s first book.