



# Without My Mum: A Daughter's Guide to Grief, Loss and Reclaiming Life

*Leigh Van Der Horst*

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When Leigh Van Der Horst lost her beloved mother to cancer in 2008, she faced her biggest battle yet. In *Without My Mum*, she invites us on a journey that is at times heartbreaking, others heartwarming, but ultimately comforting and inspiring. With warmth and candour, Leigh tells of her transformative passage through devastating grief, one that allowed her to rediscover and redefine her own identity.

As well as exploring her own experience, Van Der Horst brings together stories from many inspiring women around the world, including contributions from Jools Oliver, Lisa Wilkinson, Megan Gale, Amanda de Cadenet and Natalie Bassingthwaighte.

'A wonderful book that captured my heart in the first few paragraphs. Leigh's candid, humorous and heartfelt narrative, together with a collection of stories and wisdom from others who have walked a similar path, are authentic, unifying and ultimately inspiring. It's a laugh-out-loud, sob-a-little-uncontrollably kind of book that will resonate with any parent or carer. I adored it!' - Jools Oliver

'I can't sing the praises of this gorgeous mum enough. For those who have lost their mum and are forging ahead as a mum on your own, this is truly a must have book.' - Natalie Bassingthwaighte

Leigh Van Der Horst is the wife of a wonderful man and mother to four boys. They live on Victoria's beautiful Mornington Peninsula. Leigh discovered a passion for writing when her beloved mother passed away from cancer and can often be found writing for her website Leigh V Loves.

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Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite book and reading a publication. Beside you can solve your condition; you can add your knowledge by the publication entitled *Without My Mum: A Daughter's Guide to Grief, Loss and Reclaiming Life*. Try to make book *Without My Mum: A Daughter's Guide to Grief, Loss and Reclaiming Life* as your pal. It means that it can to be your friend when you experience alone and beside those of course make you smarter than ever before. Yeah, it is very fortunate for you. The book makes you far more confidence because you can know anything by the book. So , we need to make new experience as well as knowledge with this book.

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