



Keep Going: From Grief to Growth

Aimee DuFresne

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What would you do if your whole world collapsed? My father had lost his long battle with cancer only a few weeks earlier when I accompanied my husband Ben from our home in London to a special store on Oxford Street. Ben had dreamed of designing his own pair of sneakers for a long time, but we could never quite justify the cost. Losing someone made living in the moment all the more important. Ben's face lit up among the variety of vibrant colors and various designs. What words would you like on the shoes? Asked the salesperson. His brow crinkled deep with thought and then the words came to him with a smile. "Keep going!" Ben never got to wear those sneakers. He left the earth suddenly just two months later. His message lives on and the love we shared helped me learn four life-changing lessons. 1. Love never dies. 2. Look for your rainbows. 3. Leap into possibility. 4. And whatever you do: Keep Going! You may be surprised at what lies ahead. Need guidance to keep going? Join author Aimee DuFresne and the Keep going Movement at www.aimeedufresne.com

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Courtney Cook:

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Virginia Kang:

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