

# Heidi Kubin

For The Love of And

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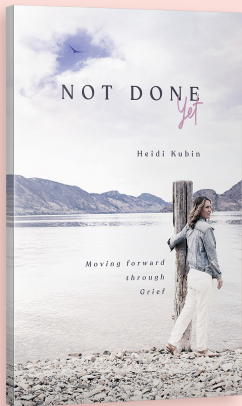
## About Heidi

Heidi lives in the beautiful Okanagan in British Columbia. Connecting with others is what makes her heart the happiest. Getting outside keeps her grounded, sane, and grateful. Taking the time to be in the moment, notice beauty, her heart, and the heart of others—these are the things that keep her writing.

She regularly writes about the dichotomies of life found in “and” on her blog *For the Love of And* that can be found at [www.heidikubin.com](http://www.heidikubin.com).

## 10 Interview Questions

1. The title of your book is *Not Done Yet*. What does this mean to you?
2. What is the significance of “and”?
3. How has the experience of losing Travis changed the trajectory of your life?
4. What has helped you move forward?
5. Tell us about the moment you decided to “grieve well.”
6. How did you get to gratitude in the midst of grief?
7. What was the most challenging thing about writing the book?
8. What lessons have you learned from your grief?
9. Where are you now on this journey through grief?
10. What do you hope people will walk away with from reading your book?



## Book Overview

*Not Done Yet* offers an up-close view into the journey of grief and moving forward toward healing. Life can be hard. At some point, we all throw our hands up and declare, “I didn’t ask for this!” This moment, more often than not, signifies loss and experience with grief. For Heidi, it was the unexpected death of her husband of twenty years. She takes you along with her to the early moments of grief, the painful process of losing the future she had planned for, and eventually beginning to see gratitude, hope, and joy despite the heartache.

The sources of grief are wide, and whether it’s the death of a loved one, a divorce, the loss of a job, moving from one stage of life to another, or health issues, we all move through this life experiencing grief. With vulnerability, truth, and a dose of humour, Heidi gives an authentic voice to feeling all the feels that come with grief and walks through the process of grieving well.

This book is for anyone that is in the depths of grief, is moving through grief, or loves someone that is experiencing grief.

## Testimonials

*“Heidi speaks with raw honesty and courage as she shares the many challenging aspects of profound loss. From the mundane thoughts, feelings and decisions, to the incredibly intimate struggles and yearnings, ‘Not Done Yet’ is a beautiful tribute to a beloved husband as well as a reminder to us all that love, and life, is messy, complex, and continues on.”*

**MARGO DENT,**

Co-Author of *The Mom Babes: A Motherhood Anthology*.

*“Heidi shares the story of unexpectedly losing her husband, but at the same time she recounts our collective story – the story of love and loss, normal and new normal, two steps forward and a thousand steps back. This is not a guide on how to grieve, but rather Heidi’s journey to sit with grief in all of its contradictions, absurdities, and unexpected joys. This book shows us one of life’s sweetest and most profound lessons – that there is always hope and always a reason to be not done yet.”*

**KERI PEDERSEN,**

Creative Director of KP Spaces