



Hello, I'm Julie!

I'm the host of the Build a Life After Loss podcast and I'm so glad you're here! I cover a broad range of topics related to grief; managing grief, healing grief and rebuilding your life. If you're new here, take a listen to these four podcasts and you'll learn why I'm here and why I'm so passionate about helping you move through grief to healing. Thanks for subscribing!

[more about me](#)



Ep #1 We All Have a Story

We all have a story. This is my story. and my overarching desire is for you to feel and hear that there is *always* hope. A wonderful life awaits all of us. (Early episodes of the podcast referred to moms that have lost children but the material still applies to all loss.)



Ep #91 Miracles in the Darkness Building a Life After Loss

Join me for a special edition podcast where I read the first chapter in my book, *Miracles in the Darkness Building a life after Loss*. I hope and dream this book will be a blessing to all that read it. It was an absolute honor to write it for you.



Ep #100 Why I Believe in You

I believe in my ability to heal from grief, just like I believe in your ability to heal from grief. With the proper understanding, tools, effort and support, healing is available to you and anyone else who desires to feel better. In today's episode, I'm sharing why I believe that.



Ep #38 We're Made for This

Thinking that our loss shouldn't have happened, isn't helpful, even if it's where we start. It doesn't have to be where we end. This episode delves into resiliency, ironman triathletes and how life happens for us even when it doesn't feel that way.