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BLINDSIDED

A GAME PLAN FOR GRIEF



**GLENN AND ROSLYN CRICHTON
& MARK S. M. SCOTT**

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Blindsided: A Game Plan for Grief guides the reader through the emotional, physical, and spiritual complexities of the grieving process. Drawing from their personal experiences of loss and their practical and theoretical backgrounds, the authors discuss common misconceptions about grief and suggest helpful coping strategies. They adopt a creative and unique entry point into the conversation: sports. They transpose key concepts from the familiar world of sports to the unfamiliar world of grief, so that injury, loss, teamwork, communication, presence, legacy, celebration, and other principles from sports become guideposts to help you navigate your own unique grief journey.

**“THIS IS FAR AND AWAY THE BEST BOOK
ON LIVING WITH GRIEF THAT I KNOW OF.”**

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**“IT IS GREAT TO HAVE A BOOK TO READ WHICH BRINGS
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MIND. BY TACKLING THIS TABOO IN THE ARENA, BLINDSIDED
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VULNERABLE FEELINGS OF HURT AND MOURNING.”**

*--Mark Osborne
Former NHL Player,
President - Toronto Maple Leafs Alumni*

Glenn and Roslyn Crichton are the co-founders of COPING (Caring for Other People in Grief), a bereavement support centre located in Cambridge, Ontario

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