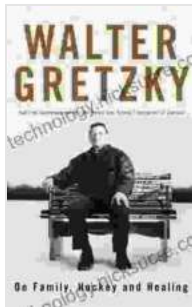


On Family, Hockey, and Healing: The Story of a Father and Son's Journey Through Grief and Trauma



On Family, Hockey and Healing by Walter Gretzky

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1104 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 258 pages



My son, Ethan, was 10 years old when his mother died. We were all devastated, but Ethan took it especially hard. He was angry and withdrawn, and he refused to talk about his mother. I didn't know how to help him, and I was afraid that he would never be able to move on from her death.

One day, I was watching a hockey game on TV, and Ethan came into the room and sat down next to me. He started asking me questions about the game, and I realized that this was a way for us to connect. Hockey was something that we both loved, and it gave us a way to talk about our feelings without having to say them out loud.

We started going to hockey games together, and we would talk about everything under the sun. We would talk about our favorite players, our

favorite teams, and our own dreams of playing in the NHL. We would also talk about our mother, and how much we missed her.

Hockey became a way for us to heal our broken hearts. It gave us a way to connect with each other, and it gave us a way to express our grief. It also gave us hope for the future. We knew that we would never forget our mother, but we also knew that we could move on from her death. We could still have a happy and fulfilling life.

Ethan is now 16 years old, and he is a star hockey player. He is also a happy and healthy young man. He has overcome the trauma of his mother's death, and he is thriving in life. I am so proud of him, and I am so grateful for the role that hockey has played in his healing.

Hockey is more than just a game. It is a way of life. It teaches us about teamwork, perseverance, and sportsmanship. It also teaches us about the importance of family and friends. Hockey has helped me and my son to heal our broken hearts, and it has given us hope for the future.

The Power of Sports

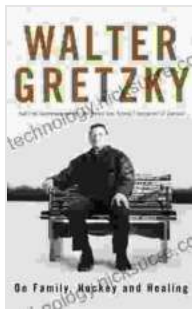
Sports have the power to bring people together. They can help us to overcome challenges, and they can help us to heal from trauma. Sports can teach us about teamwork, perseverance, and sportsmanship. They can also teach us about the importance of family and friends.

If you are struggling with grief or trauma, I encourage you to give sports a try. You may find that it is a powerful tool for healing.

Here are some tips for using sports to heal from grief or trauma:

- Find a sport that you enjoy and that you are good at.
- Find a team or a group of people to play with.
- Set realistic goals for yourself.
- Don't be afraid to ask for help.
- Be patient and don't give up.

With time and effort, sports can help you to heal from grief or trauma and to live a happy and fulfilling life.

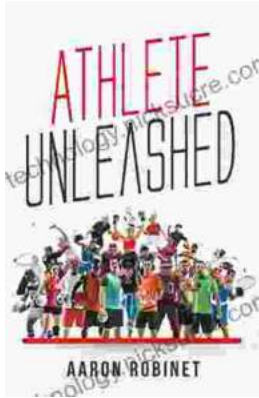


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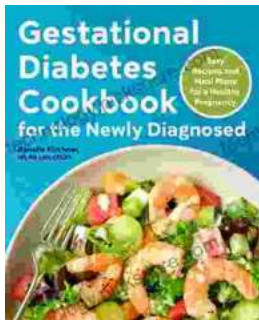
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