What gift can you give yourself? Live the best life you can—every day a new beginning. You are still alive, for better or worse, and have the greatest of the human freedoms, the freedom to choose how you will live.

There is still time for you to live, time for you to enjoy—time to build yourself a good life, one that honors and embraces, rather than only mourns your loved one or is embittered by the traumatic experience you have been through.

The Jewish prayer for Yom Kippur says it best:

*It is hard to sing of oneness when our world is not complete, when those who once brought wholeness to our life have gone, and nothing but memory can fill the emptiness their passing leaves behind.*

*But memory can tell us only what we were, in company with those we loved; it cannot help us find what each of us, alone, must now become. Yet no one is really alone: those who live no more echo still within our thoughts and words, and what they did is part of what we have become. We do best homage to our dead when we live our lives most fully, even in the shadow of our loss.*

O’Hara, *A Grief Like No Other* (2006)