

Ken Druck, Ph.D.



Bio:

Dr. Ken Druck is one of the world's leading experts on grief and resilience. Since losing his own daughter in a tragic accident, and working with families after 9/11, Sandy Hook, and Columbine, he has dedicated his life to providing roadmaps for getting through life's most daunting and difficult times and navigating its daily ups and downs. Dr. Ken is a bestselling author of several books, including his most recent, ***How We Go On: Self-Compassion, Courage, and Gratitude on the Path Forward*** (2023). He is a recipient of the prestigious Distinguished Contribution to Psychology award, on the faculty at UCSD School of Medicine, and a noted speaker for conferences, special gatherings, and global organizations. Find him at <http://www.HowWeGoOn.com>.

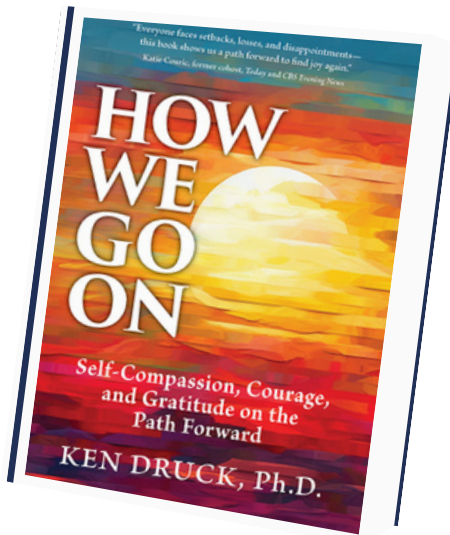
Interview Questions:

- Who is this book for?
- Why is "How do I go on?" the most asked question in human history?
- How has being a father and losing your oldest daughter shaped your life?
- How has working on the front lines after 9-11, Columbine, Sandy Hook and countless other tragedies changed you?
- You use the term, "The Path Forward" throughout your book. Exactly what do you mean by "the path forward?"

Interview Topics:

How we go on ...

- From life's worst losses, including the loss of a loved one
- From aging, retirement, divorce
- By loving and forgiving ourselves
- From death: planning to leave a legacy



CONNECT WITH *Ken*

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