

FOR THE GIFT-GIVER

A gentle guide for giving

My Dad and Me: A Journey of Love, Loss and Life to someone who is missing their father this Christmas.

A Gift That Speaks When Words Are Hard

Grief—especially the grief of losing a father—is tender, personal, and often invisible. Christmas can make that ache feel heavier. The empty chair. The old traditions. The quiet moment when it hits all over again.

If you're giving this book to someone you care about, thank you. It means you see their pain. It means you're holding space for their love. It means you want them to feel a little less alone.

This book doesn't try to fix grief. It simply walks beside it. It holds a small light in the darkness and whispers, "It's okay to feel everything."

How to Give This Book With Heart

You might offer it with any of these gentle words:

- "I know this time of year can be hard. I wanted to give you something that honours your dad and the love you shared."
- "I hope this brings comfort on the days when missing your dad feels heavy."
- "I don't have the perfect words, but I care about you and wanted you to have this."
- "Your dad's love is still with you, especially now. I hope this book reminds you of that."

Even a short message can mean the world.

What This Book Offers

- A daughter's honest and heartfelt journey through grief
- Space to feel, remember, cry, and breathe
- Gentle hope—never forced, never rushed
- The reminder that their dad is always just a thought away
- Companionship during the often-difficult Christmas season
- A quiet encouragement toward healing, in their own time

A Note for You, the Giver

Grief doesn't need big solutions. It needs presence. It needs kindness. It needs someone who cares—and that is already you.

By giving this book, you are offering comfort that lasts beyond one moment. You are reminding someone that their love matters, their loss matters, and they don't have to navigate December alone.

Thank you for giving with such tenderness.

**With love and compassion,
Daxa Patel**