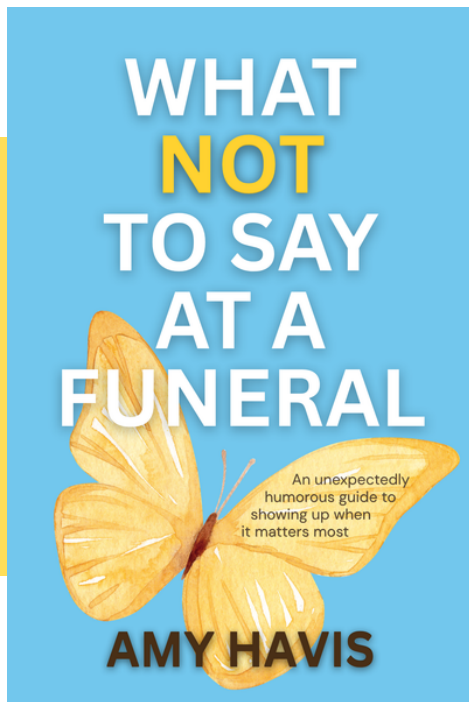


THERE'S NO GOOD CARD FOR THIS
meets THE ART OF SHOWING UP



Want to help someone who's grieving but don't know what to say?

Not all losses come with instructions. And most of us are never taught what to say when someone is grieving—so we say nothing at all.

BOOK DETAILS

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WHAT NOT TO SAY AT A FUNERAL is a warm, honest, and unexpectedly humorous guide to showing up when words fail. After losing her infant daughter, Amy Havis came face to face with how ill-equipped most of us are—not just to grieve our own losses, but to support one another through them.

Drawing from lived experience, real-life scenarios, and hard-earned insight, Havis offers practical guidance for friends, families, coworkers, and communities navigating loss together.

Part narrative non-fiction, part social guide, the book invites readers to let go of platitudes, resist silence, and choose presence instead. For griever and the people who love them, WHAT NOT TO SAY AT A FUNERAL is a compassionate reminder that imperfect presence is often the most meaningful thing we can offer.

In the spirit of THERE IS NO GOOD CARD FOR THIS, THE ART OF SHOWING UP, and IT'S OK THAT YOU'RE NOT OKAY, WHAT NOT TO SAY AT A FUNERAL speaks to the moments when comfort feels impossible and silence often takes over.

ABOUT THE AUTHOR



Amy Havis is the author of WHAT NOT TO SAY AT A FUNERAL: An Unexpectedly Humorous Guide to Showing Up When It Matters Most. A corporate leader and communications strategist, she brings a thoughtful and practical perspective to how people navigate difficult conversations and life's hardest moments. After experiencing profound personal loss, Amy became a passionate advocate for replacing silence with presence and connection. Her writing invites us to show up—at home, at work, and in grief—with honesty, empathy, and heart. She lives in Colorado with her family.

TALKING POINTS

The "at least" trap. The most common well-meaning phrase that quietly makes grief worse. Amy names it and gives people what to say instead.

A grief book that makes you laugh. Amy uses humor as a lifeline, right down to the queso and margaritas her family serves to mark any big occasion, including the night of Hope's funeral.

Lightning struck twice. Two daughters, two rare and completely random non-hereditary diagnoses, and the genetic testing that confirmed there was nothing they could have done.

Fourteen days with Hope. Her surprising discovery that even in the shadow of loss there's a physical limit to somberness (about six hours a day for her), and the rest is just living: romcoms, walks, meals, dancing.

Why Americans forgot how to grieve. A short cultural history: Civil War embalming, the 1918 flu ending public wakes, and the loss of community ritual that traditions like shiva still hold onto.

One book, two readers. It speaks to people in grief who don't have the energy to teach "Grief 101," and to the friends, coworkers and neighbors who want to help but freeze up.

Say something, even if it's clumsy. Amy's central argument: an awkward comment risks a moment of discomfort, but silence can risk the whole relationship.

Don't try to fix it. Presence beats solutions. Adding your own diagnosis or reassurance ("I'm sure you'll have more time than you think") usually lands worse than nothing.

Stop ranking grief. A lost parent, a lost dog, a lost pregnancy: comparison and minimizing help no one, and there's no such thing as "objective" when it comes to grief.

The grief cloud in the room. An image for how to visit your grief on the days you can and just peek in on the days you can't, without living inside it.

From PTSD to Post-Traumatic Growth. A psychiatrist's framework for how gratitude plus human connection can turn trauma into resilience, without faking positivity or minimizing the loss.

Grief goes to work. Amy came back from leave to near-total silence from colleagues, a strong angle for managers, HR, and anyone unsure how to treat a grieving coworker.

