

Paula Meyer, Bio (long)

Paula Meyer became a widow on June 1, 2018, at 54. Her husband, Gary, passed away after a long and courageous battle with throat cancer. He was only 62. Two days later, her ex-husband and father of her two adult children, Brad, died unexpectedly. Her way of coping was to throw herself into her work, as a way of not having to deal with the pain and loss.

As her health deteriorated, she ended up in the ER on Nov 12, 2018, her 55th birthday, and underwent an emergency appendectomy. Realizing that she had missed many subtle signs that her body was in crisis, she knew this was a wake-up call. With all the international travel that she did for her job, she was grateful this had not happened in a foreign country or on an airplane.

Yet it still took a couple months, with the help and support of a grief coach, to make major decisions that would get her back on the road to health and making herself the priority in her life. She resigned her job in Feb 2019 and went on a year of travel. She also grieved leaving her job and the community that she was a part of for nearly 12 years.

As the year of travel ended, the global Covid-19 pandemic began along with major social unrest around the world. She was able to use the tools and strategies of navigating her grief with Gary, to deal with the grief brought on by the pandemic and social unrest.

Along with everyone else, she was confronted with losing her freedom, losing her normal life, being thrown into the unknown as she was just getting her business off the ground, and waking up every day to the same reality. She realized that this was the same kind of grief that she experienced with Gary's death. The circumstances were different, but the mechanics were the same!

Paula writes about her year of travel in her Amazon International #1 Bestseller, *Great Loss, Greater Love: The Art & Heart of Navigating Grief*, released in April 2021 with As You Wish Publishing. She has also produced a companion *Great Loss, Greater Love Card Deck* and *Blossom From Loss Meditations*.

She is also a collaborative author in these Amazon bestsellers by As You Wish Publishing:

- *Inspirations: 101 Uplifting Stories For Daily Happiness* (July 2019)
- *Manifestations: True Stories Of Bringing The Imagined Into Reality* (Jan 2020)
- *The Grateful Soul: The Art and Practice of Gratitude* (May 2020)
- *Ordinary Oneness: The Simplicity of Everyday Love, Grace and Hope* (April 2021)

One of Paula's goals is to help other women get back in the game of life and realize there is still so much to learn and love with the time we have left.

Paula has more than 30 years' experience as an event, workshop, and meeting planner and procurement/contracting specialist, and 12 years in author/speaker management. In her previous job, she had the pleasure of organizing and managing 151 workshops around the world for a well-known author. She has travelled to 20 countries and 40 states in the US. Her goal is to visit 30 countries and all 56 states/territories in the US before she turns 62!

Her new company, **GP Eventworx**, is an event production company specializing in author/speaker workshops in the US and internationally, as well as grief workshops and online courses for women.

Paula plans to continue traveling internationally and lives in Colorado.