

Sweet Sorrow

author: Sherry Cormier PhD

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Synopsis

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inLanguage	english

Few of us know how to navigate the territory of traumatic loss successfully. *Sweet Sorrow* shows how we can respond and grow stronger from loss and suffering. Authored by a psychologist and certified bereavement trauma specialist in the decade following the loss of her husband, father, mother, and only sibling, this carefully considered work provides perspective on grief and healing over time. This longer-term approach allows listeners to have a more complete and accurate picture of the oscillations of grief over time. The audiobook describes not only the immediate agony of the author's losses, but also the process of starting over and making a successful new life as a single person full of hope and joy.

Sweet Sorrow combines the author's psychological expertise and clinical experience with the compelling art of memoir to illuminate the surprising ways in which loss survivors can grow and even thrive to achieve wholeness after heartbreaking, traumatic losses. Using findings from post-traumatic growth, as well as evidence-based psychological approaches, *Sweet Sorrow* illustrates through story and example ways for grief survivors to start over, to manage chaos and stress, to let go, and to heal with new strategies and "restorying".

Sweet Sorrow also provides resources and recommendations for self-care, as well as tips and suggestions for all of us trying to respond creatively and helpfully to those around us suffering loss.

Ultimately, *Sweet Sorrow* is an audiobook of inspiration intended to companion listeners through the processes of loss and grief much like a helpful Sherpa might guide a lost traveler.

Reader's comments

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