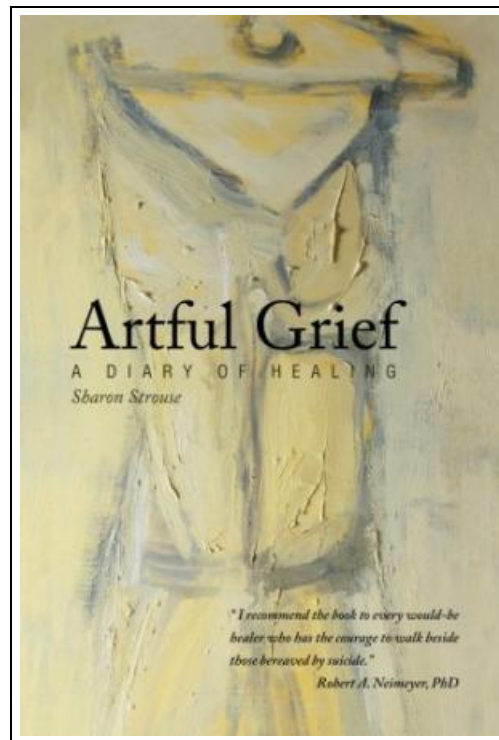


Artful Grief: A Diary of Healing



Filesize: 8.9 MB

Reviews

It is one of my personal favorite books. It really is filled with wisdom and knowledge. Your daily life period will likely be enhanced the instant you start looking at this pdf.

(Mr. Rocio Schroeder Sr.)

ARTFUL GRIEF: A DIARY OF HEALING



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Balboa Press, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Artful Grief is a decade long study of loss by an art therapist, in the aftermath of her daughter s suicide. On October 11, 2001, Sharon received a phone call in the middle of the night from the New York City Police Department telling her that her seventeen year old daughter Kristin, had fallen from the roof of her college dormitory. So began her journey into the labyrinth of unspeakable grief. As the rst year drew to a close she found no comfort in traditional therapy, and no solace in spoken or written words. In surrender to her inner art therapist s guidance, she began to create collages. She cut and tore images out of magazines and glued them on various size paper. The paper was a safe and sacred container, receptive to the fullness of emotion, story and paradox. Over time there was transformation and healing. Artful Grief A creative roadmap through violent dying and grief. A dose of soul medicine for survivors. A way to retrieve the pieces of a shattered life, with paper, scissors and glue. A resourceful tool for those suffering with complicated grief and/or PTSD. A place for the unspeakable to be seen and heard. A process to quiet the mind and open the heart. A visual experience of trauma images as illustrations of hope. A sample of prophetic dreams and meditations that are illuminating. A heartfelt sharing of intimate secrets for understanding and compassion. A surprising grief gift that is inspiring.



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