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Artful Grief: A Diary of Healing (Paperback)

By Sharon Strouse

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 first 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,...



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