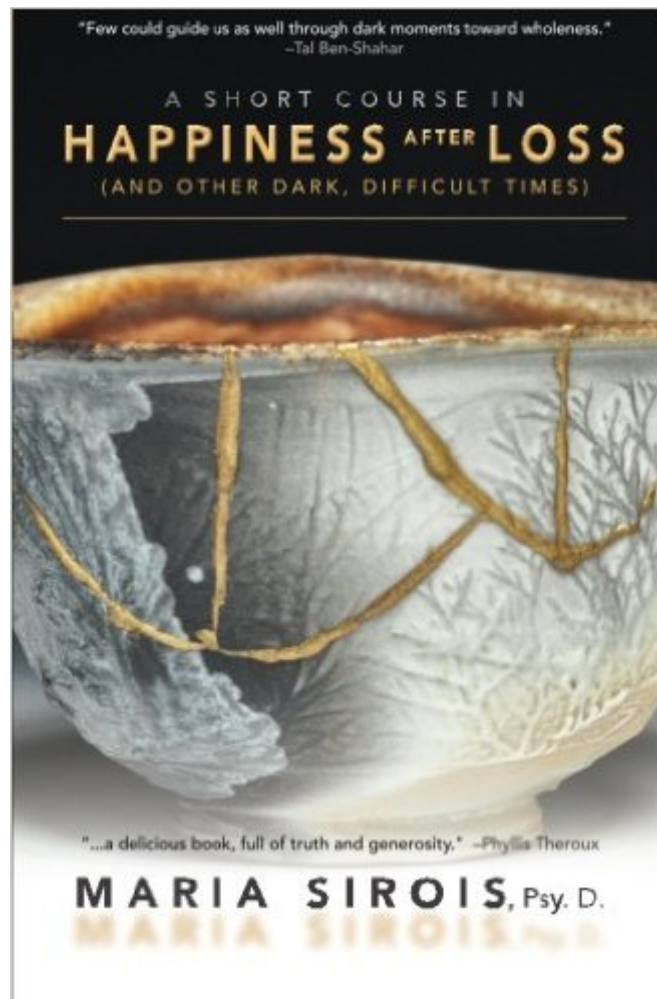


The book was found

A Short Course In Happiness After Loss: (and Other Dark, Difficult Times)



Synopsis

A Short Course in Happiness After Loss brings to us a powerful intersection of the science of positive psychology and the wisdom necessary to thrive when facing life's harshest moments. In poetic, compassionate and yet fearless language, Sirois traverses the territories we most fear—death, exile, disease—and carefully lights pathways toward a happiness that includes the scars of our suffering and the bounty and goodness present within our world. Her work offers each of us, no matter the trials of our lives, a template for rising through pain into a steady, resilient and open heart, one capable of facing sorrow and loving fully and laughing richly anyway.

Book Information

Paperback: 178 pages

Publisher: Green Fire Press (February 29, 2016)

Language: English

ISBN-10: 098619803X

ISBN-13: 978-0986198038

Product Dimensions: 5.2 x 0.4 x 8 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars— See all reviews— (18 customer reviews)

Best Sellers Rank: #181,921 in Books (See Top 100 in Books) #26 in Books > Literature & Fiction > Poetry > Themes & Styles > Death, Grief & Loss #365 in Books > Self-Help > Death & Grief > Grief & Bereavement #1405 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

If you too appreciate Anne Lamott's ability to navigate the mundane and the sacred, the heartening and the heart-rending, you will see the same black-diamond skill in navigating life's highs and lows in this book. Like Lamott, Sirois handles joy and sorrow with whatever the moment requires -- tenderness, gusto, humor, brutal honesty, wise perspective, grace, or humility. Her combination of humor and tenderness, and total lack of pretense, makes her particularly welcome company at a time when good companions can be scarce. Like only our loved ones can understand the depth of our love for each other, and join us too in making fun of or finding humor in our humanity, she joins the reader simultaneously as expert and insider. Dr. Sirois is very accomplished and pedigreed; yet that is by no means the sole source of her authority or connection. Yes, her academic grounding and cognitive understanding is deep. She is *•* with us, in the swamp

of life, as fully and authentically as one can be. Her personal disclosure in this book â “ particularly her tremendous love for, and loss of, her brother -- makes it easy to trust and to hear her. She brings much practical wisdom and lived example that makes that wisdom more accessible. She builds confidence that we too can bravely take steps on a path towards wholeness and happiness. Her approach is quietly (yet deeply) informed by the science of positive psychology, and her authenticity makes the reader want to take it in. Already I have read it twice and gifted it twiceâ “ and that will continue. For friends who have had struggles or tragic losses (after the phase of bringing dinners or helping with life’s logistics has moved into "normal"), gifting Sirois’s book is a tangible way to show up.

[Download to continue reading...](#)

A Short Course in Happiness After Loss: (and Other Dark, Difficult Times) Difficult Mothers: Difficult Mothers Cure: Toxic Relationships With Narcissistic Mothers Understood And Overcome Forever! (Difficult Mothers, narcissistic ... absent mother, narcissist relationship) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men’s Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Dark Desires After Dusk (Immortals After Dark, Book 5) Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) The New York Times Monday Through Friday Easy to Tough Crossword Puzzles: 50 Puzzles from the Pages of The New York Times (New York Times Crossword Puzzles) The New York Times Acrostic Puzzles Volume 9: 50 Challenging Acrostics from the Pages of The New York Times (New York Times Acrostic Crosswords) Broken Open: How Difficult Times Can Help Us Grow The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven

Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Dark Fetishes Vol. 1 : (DARK EROTICA): Taboo Erotica (DARK EROTICA SERIES) After Effects for Flash / Flash for After Effects: Dynamic Animation and Video with Adobe After Effects CS4 and Adobe Flash CS4 Professional Stark After Dark: A Stark Ever After Anthology DYING TO REALLY LIVE: Finally, an After Death Survivor returns from deeply into life after death (NDEs - Life After Death? Series Book 1) Python: PYTHON CRASH COURSE - Beginner's Course To Learn The Basics Of Python Programming In 24 Hours!: (Python, Python Programming, Python for Dummies, Python for Beginners, python crash course)

[Dmca](#)