

Transcending Trauma



Ruth
Morris

with

RUTH
BRADLEY-
ST-CYR

WE NEVER EXPECT serious illness, accident, bereavement, alcoholism, abuse, mental illness, depression, miscarriage, unemployment, family break-up, delinquent children, conflict with the law, failure, or any other shock. The bad news is that every one of us will suffer not just one, but repeated traumas in our lives. The good news is that we can learn from trauma and grow through it. There is even more good news: lonely as the journey of grief is, we can help one another on it. This inspiring book is the work of an author who faced, and overcame, some of life's most difficult traumas.

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