



Companion Through The Darkness: Inner Dialogues on Grief

Stephanie Ericsson

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As a result of her own experience with many kind of loss, Stephanie Ericsson offers an intimate, profoundly touching guide for those in grief, legitimizing the complex and often taboo emotions we all feel when loss transforms our lives. In *Companion Through the Darkness*, Stephanie Ericsson defines grief as "the constant reawakening that things are now different." Using a very simple format -- which combines excerpts from her own diary writings with brief essays -- she vividly speaks the language of loss and captures the contradictory, wrenching, and chaotic emotions of grief. The book can be opened at any point to chapters no more than a few pages long on such themes as:

Abandonment: The sudden state I am forced into. I no longer belong to you. I no longer belong to anyone.

Rage: The state I use to survive seemingly moments of intolerable pain.

Humor: The backside of agony.

Pity: The look on people's faces when they haven't a clue what to say to me.

Transition: The moments, strung out over months, when I know I am no longer the woman I was, but not quite the woman I am becoming.

The result is compelling, intimate, and heartbreakingly truthful -- a book that promises to be enormously sought-after support and touchstone for all those making their own journey through grief.

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