

All of us, says Dr. Stearns, have both the right and responsibility to take our losses seriously. Grief, pain, when ignored or denied, can do us in, harming us in dozens of ways. Facing our losses is part of how we find our freedom again. Dr. Stearns explores in detail the varieties of stress that accompany personal trauma-guilt, anxiety, aches and pains, loss of appetite, anger, insomnia, sexual problems, resentment, and problems associated with resuming the routine of life and work. This book will prove invaluable in terms of both consolation and concrete help to those of us who have to deal with loss and trauma in our lives. It will also be of inestimable help to those whose job or desire it is to counsel, console and heal others.

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