

# Foreword

This book offers an informative and impassioned plea for understanding and facing a history of suicide. It discusses the power of unresolved trauma, and the importance of having the courage to be open about suicide, especially for children who lose a parent. It is a moving book with the authors' honest personal exploration of their own traumas and clinical wisdom about helping others to confront their losses and transform their lives. There are practical questions to ask children and touching stories of loss and grief. The book emphasizes the creative potential of supporting those who have experienced traumatic loss in childhood to confront their unmourned experiences.

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