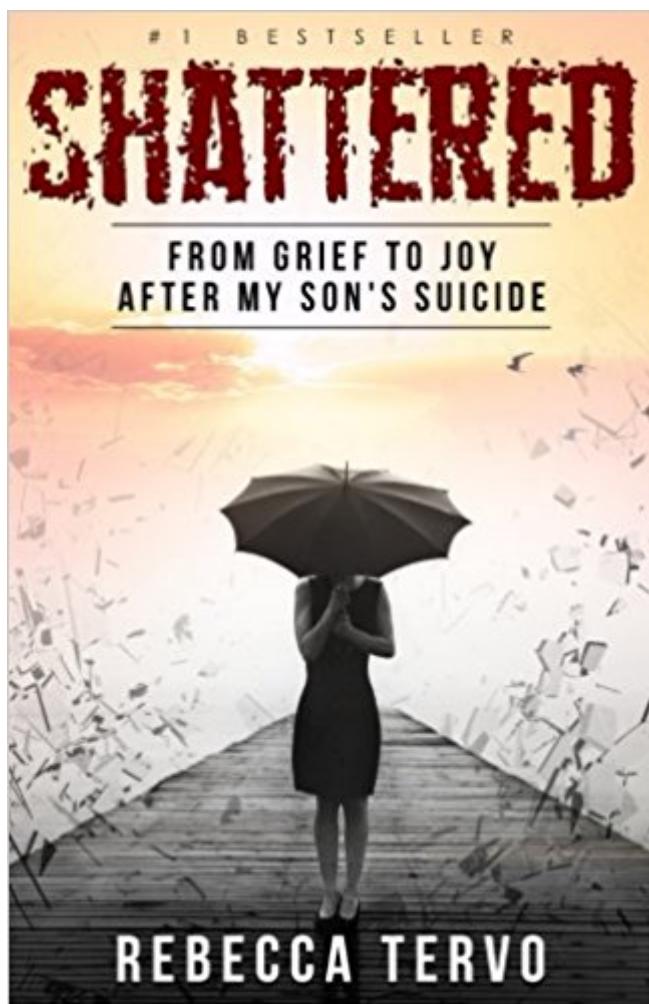


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Shattered: From Grief To Joy After My Son's Suicide



Synopsis

When Rebecca Tervo awoke on January 29, 2012 it seemed like just another lazy Sunday morning. What she didn't realize was that her life and the life of her family had already been changed forever. Her 17 year old son, Trevor, was already dead of suicide in an adjacent room, she just didn't know it yet. The shock of another teen suicide was felt throughout the community and the schools. This book tells how Rebecca reacted to the event that changed everything for her and her family. It was uncharted territory for her, her husband, the community and the school. It describes the unrelenting and nearly unbearable grief and loss. There were so many questions and so few answers. Why would Trevor do this? Where were the signs that Trevor had been depressed? Did someone else know something about Trevor's pain? Why would such a bright young man choose this? How would she go on? She had so many unanswered questions. How would she care for her other three children and her grief-stricken husband? How would her 20+ year marriage survive the biggest trial it had ever faced? These issues and the grieving process she lived through are all laid out with raw honesty, but are told as if she was sitting with you on the front porch with a cup of coffee. After experiencing all the stages of grief and despite everything, Rebecca finds a way to dig her way back to life. She chooses to live a life with more happiness and purpose than ever before. This book tells how she uses various support groups and therapy sessions to cope, but ultimately does some major work on her own to enter life again. Not as the same woman, but a new, more conscious and mindful mother, wife and friend. She depicts how her personal transformation helped her make the decision to leave her accounting career, lose weight, do major decluttering and forgiveness work, and set some big goals for her life. Learn how one woman turned her grief and the lessons she learned from it to a purposeful, happy life that she is now living on her terms. Her hope is that anyone facing major obstacles in their life would find inspiration through her story.

Book Information

Paperback: 150 pages

Publisher: Rebecca Tervo; 1 edition (July 10, 2017)

Language: English

ISBN-10: 0692906290

ISBN-13: 978-0692906293

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 74 customer reviews

Best Sellers Rank: #408,914 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Teen Health #32 in Books > Christian Books & Bibles > Christian Denominations & Sects > Protestantism > Inspirational #92 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help

Customer Reviews

Rebecca had been living a normal middle class lifestyle with her husband and four children in a small town in Upper Michigan when her 17 year old son died by very unexpected suicide in 2012. Her life took a major pivot in the years following his death. In 2016, she chose to live a happier life, and finally took the time to figure out what her purpose was. Because of this major pivot, she left a 20+ year accounting career, lost over 25 pounds, started a coaching business, and became outspoken about suicide and depression awareness in teenagers. Because of what she learned after facing the suicide loss of her son, she now has a coaching business where she helps women overcome obstacles to live a happier, more purpose filled life. To find out more about Rebecca's coaching services, check her out at RebeccaTervo.com or on Facebook at [rebeccalynntervo](https://www.facebook.com/rebeccalynntervo).

I just finished your book and I am so blown away by your strength. I have always been blown away by your strength. But in reading this, I realize you will channel your strength to help others. Many times while reading, I was just crying. Crying because of the pain you and your family felt. Crying because there are no words. I love how I can hear your voice throughout the book. All the questions you asked yourself, all the feelings you felt. That has got to be a gift. And for anyone who wants to learn in book form exactly what you did to find this purpose you have now, well, you laid it all out there. Bravo. Finally, the part that sent chills down my spine is at the end...when you realize you are a different person, someone you love, and it came about after losing someone so dear to you. I know he is watching and has to be so immensely proud of you. I am so sorry for your loss. Thank you for sharing your story with us.

Rebecca takes you on her personal journey through her grieving process after the loss of her son. The openness and raw emotions she shares will help any reader relate to what any grieving person is going through after the loss of a loved one. Be prepared to "feel" the sadness, anger, confusion and healing that most people walk through on their grief journey. She provides a perspective on how the stigma of suicide impacts the family and friends left behind while bringing awareness to the fact that depression is an illness that is not always visible. I applaud Rebecca for her honesty Shattered:

From Grief to Joy After My Son's Suicide is an excellent read for anyone who has lost a loved one to suicide, is grieving the loss of a loved one or would like to better understand what someone going through grief experiences and how they can offer support.

Ã¢ÂœNo tears in the writer, no tears in the readerÃ¢Â•-Robert FrostA quote that would describe how this book was written. A moving and touching book from a motherÃ¢Â™s heartache, grief and eventually joy. This is a book that's not to be missed as it gives people empowerment to get back up and live again no matter what circumstances you are in especially a lost of a loved one.

As a certified end of life and grief coach Ms Tervo's book is clearly a heartfelt journey. She teaches her readers through her own experience of losing her son--how to eventually find joy during the raw despair. Grief is normal, so is mourning. Both are necessary to find your new normal after loss. We are taken on Ms Tervo's journey with passion and honesty.

I read the book straight from cover to cover. Rebecca Trevor has a gift for telling the story of her personal tragedy in a way that is so much like sitting and talking to a friend. Her story compelled me to read on. The biggest bonus the reader receives is seeing Rebecca come through her trials to a place where she can be productive and joyful again. She is clearly motivated to help others, especially those suffering loss and trying to find meaning in life. I am a retired woman who has followed her dreams after raising six children and working in a rewarding career. My husband and I now travel and spend winters in the South and summers in northern Michigan, much as Rebecca and her husband plan to do. Although I don't feel a need to try the tapping technique, I love her suggestions on decluttering. I recommend the book to women young and old. Fascinating read. Five stars. Congratulations, Rebecca Tervo!

"Shattered: From Grief to Joy.." is a trojan horse of a book. Honestly, I was scared to read it because of the subject matter of Trevor's death. Yes, it was heart wrenching to read Rebecca's account of his death and the aftermath for herself and her family. However, I was surprised to read about actual tools she used to rebuild her life- something other than a desire to live or faith or finding peace. She writes with clarity, honesty and a conversational tone. This book turns out to be an incredible gem of examples for finding different ways that anyone who feels stuck in their life can turn their life around. She, of course, had counseling, but she also tells of other tools she used to

transform her life like tapping, vision boards and mindset work. I say this is a trojan horse of a book, because you might think that you might be reading a confessional of a tragedy and vague aspirations for transformation, but Rebecca shows actual steps and practices she used that made her life worth living again, and I'm sure anyone could use in their own lives.

This book is a heartfelt journey from grief to learning to love yourself despite your imperfections. It gives a person hope in times of despair. It's a must read even if you haven't lost a child. It will help you think about your passions and meaning in life.

I held onto this book like it was life support. I read most of the chapters without moving from the edge of the bed where I sat turning page after page. I have two adopted daughters, although my oldest was never official, she called me Mom for 26 years. She took her life on August 13, 2014, my 52nd birthday. It was the first time I felt as though I could truly grieve my Sammy. This author's voice is in the room, giving hope to the transcending the debilitating nightmare of losing a child this way.

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