



The Sun Still Rises: Surviving and Thriving after Grief and Loss

Shawn Doyle CSP

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Every day, many people lose loved ones and face the grieving process. They suffer while coping with the loss of a child, spouse, parent, friend, or sibling. It is perhaps the most difficult and devastating challenge any of us face in our lifetime.

In this book, the author supports the idea that you can survive and thrive after grief and loss. This is not a predictable five stages of grief book. In *The Sun Still Rises*, Shawn Doyle uses his heart wrenching personal story of bereavement to supply you with tools, tips, and techniques for dealing with loss and grief on an hourly, daily, and weekly basis. These are tools that are proven to work if you open your mind and heart.

This book will help you:

- Expose myths and misinformation about grief
- Know what to expect (reactions, funerals, finances, legal matters)
- Get assurance and hope
- Evaluate your life
- Cope with grieving and healing
- Consider society's rules about grieving
- Make sound decisions
- Identify resources
- Start planning
- Take care of yourself
- Design your new life

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