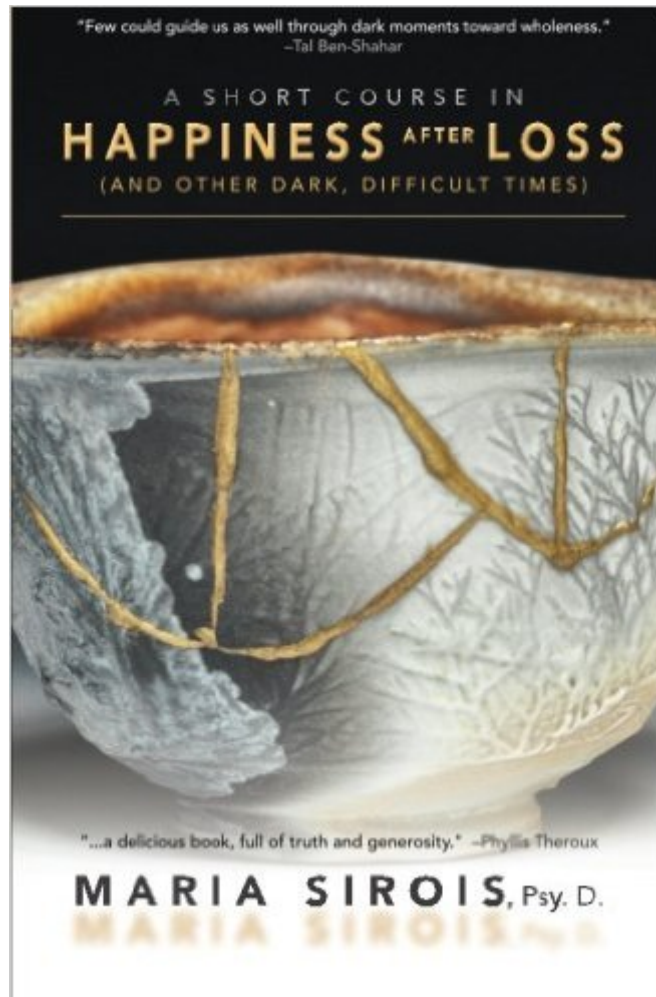# A Short Course In Happiness After Loss: (and Other Dark, Difficult Times)

Synopsis

A Short Course in Happiness After Loss brings to us a powerful intersection of the science of positive psychology and the wisdom necessary to thrive when facing lifeâ ™s harshest moments. In poetic, compassionate and yet fearless language, Sirois traverses the territories we most fearâ ”death, exile, diseaseâ ”and carefully lights pathways toward a happiness that includes the scars of our suffering and the bounty and goodness present within our world. Her work offers each of us, no matter the trials of our lives, a template for rising through pain into a steady, resilient and open heart, one capable of facing sorrow and loving fully and laughing richly anyway.

Book Information

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Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (18 customer reviews)

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Customer Reviews

If you too appreciate Anne Lamottâ ™s ability to navigate the mundane and the sacred, the heartening and the heart-rending, you will see the same black-diamond skill in navigating lifeâ ™s highs and lows in this book. Like Lamott, Sirois handles joy and sorrow with whatever the moment requires -- tenderness, gusto, humor, brutal honesty, wise perspective, grace, or humility. Her combination of humor and tenderness, and total lack of pretense, makes her particularly welcome company at a time when good companions can be scarce. Like only our loved ones can understand the depth of our love for each other, and join us too in making fun of or finding humor in our humanity, she joins the reader simultaneously as expert and insider.Dr. Sirois is very accomplished and pedigreed; yet that is by no means the sole source of her authority or connection. Yes, her academic grounding and cognitive understanding is deep. She is â œthereâ • with us, in the swamp

of life, as fully and authentically as one can be. Her personal disclosure in this book â " particularly her tremendous love for, and loss of, her brother -- makes it easy to trust and to hear her. She brings much practical wisdom and lived example that makes that wisdom more accessible. She builds confidence that we too can bravely take steps on a path towards wholeness and happiness. Her approach is quietly (yet deeply) informed by the science of positive psychology, and her authenticity makes the reader want to take it in.Already I have read it twice and gifted it twiceâ " and that will continue. For friends who have had struggles or tragic losses (after the phase of bringing dinners or helping with life's logistics has moved into "normal"), gifting Sirois's book is a tangible way to show up.

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