



# How to Survive the Worst That Can Happen: A Parent's Step by Step Guide to Healing After the Loss of a Child

*Sandy Peckinpah*

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**Foreword written by Melissa Gilbert, actress and author**

Sandy Peckinpah's sixteen-year old son woke up with a fever and was dead the next morning of bacterial meningitis... her life changed forever.

She found herself in the depths of unimaginable despair. Then, someone gave her a journal, and writing opened her journey of self-discovery in learning how to live life without her beautiful child. Words illuminated her path of discovery and she began to document the things that helped her, and others like her, to find resilience.

This is a practical, inspirational guide to coping with the many facets of bereavement; learning how to talk about your loss, the aftermath of sorrow, handling fear and anger, helping your living children adjust, strengthening your marriage, experiencing miracles, and the promise that you will regain a quality of life where you'll feel joy once again.

If you've lost a child or know someone who has, Sandy's story is one you'll relate to and find comfort in knowing you're not alone.

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