

#1 BESTSELLER

# SHATTERED

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FROM GRIEF TO JOY  
AFTER MY SON'S SUICIDE

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REBECCA TERVO

Rebecca Tervo

## Shattered: From Grief to Joy After My Son's Suicide



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When Rebecca Tervo awoke in January 29, 2012 it seemed like yet another lazy Sunday morning. What she didn't understand was that her lifestyle and the life of her family members had already been changed forever. Her 17 year previous son, Trevor, had been dead of suicide within an adjacent area, she just didn't understand it yet. Her hope is certainly that anyone facing major obstacles in their lifestyle would find motivation through her tale. Why would such a shiny young man choose this? Did someone else know something about Trevor's pain? She chooses to live a lifestyle with more happiness and purpose than ever before. There have been so many questions therefore few answers. Why would Trevor do this? Where were the indications that Trevor have been depressed? It had been uncharted territory on her behalf, her husband, the city and the institution. This book tells how Rebecca reacted to the event that changed everything on her behalf and her family. Much less the same woman, but a fresh, more mindful and mindful mom, wife and friend. She depicts how her personal transformation helped her make the decision to keep her accounting profession, lose weight, do major decluttering and forgiveness work, and arranged some big goals for her lifestyle. How would she care for her other three kids and her grief-stricken husband? How would her 20+ year marriage survive the largest trial it acquired ever faced? These issues and the grieving procedure she resided through are all organized with raw honesty, but are informed as if she was sitting with you on the front porch with a cup of coffee. After experiencing all of the levels of grief and despite everything, Rebecca discovers a method to dig her way back to life. It describes the unrelenting and nearly unbearable grief and loss. This reserve tells how she uses different organizations and therapy periods to cope, but ultimately does some major work on her personal to enter life again. How would she continue? She had so many unanswered questions. Understand how one woman turned her grief and the lessons she learned from it to a purposeful, happy existence that she is right now living on her terms. The shock of another teen suicide was felt throughout the community and the universities.



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A FIRST-RATE SELF-HELP Manual in the form of a compelling suicide recovery tale! DON'T MISS THIS! We each need to balance our lives with a self-awareness and a self-love which allows us to work on all the emotions and needs we may face linked to life's circumstances. She actually is truthful and we I acquired the same emotions as her. It can be overpoweringly psychological and depressing. THIS Publication WAS NOT. Sure, it hurts to learn about her son's suicide. But the author brilliantly levels the book so that it starts in today's day which means you know she's OK. And for anyone who wants to learn in book form exactly what you did to get this purpose you have finally, well, you laid it all out there. Finally, the part that sent chills straight down my spine reaches the end." This outstanding insight the author shares is not just true in the mind of a mother who has lost her teen to suicide, but is true for every human alive. I didn't want to learn this reserve. However, the stunning aspect of this well-told tale isn't the suicide tale or actually the author's compelling recovery. I was flabbergasted that the back half of the book is truly a fantastic self-help manual! Rebecca uses you on her personal trip through her grieving process after the loss of her boy. Tervo takes each stage perfected in her recovery and turns them into lessons that any reader can connect with successfully assess and overcome issues they might be facing!! weight issues, grief, guilt, insecurity and self-doubt - this remarkable female offers readers sound suggestions to help anyone overcome these obstacles that she has already defeated. We was truly inspired by her capability to now look beyond her own situation with love and compassion for others, trying and helping her anonymous readers because they read her story. The story of Rebecca Tervo's son's suicide and its effect on her family members struck me deeply partly, I think, due to the plain-speaking of a heartbroken mother. Fascinating go through.! Hard to figure out how to go on with existence. The self help portion of the books seems very great but I don't feel I'm at the idea in my own grieving to use it yet, but I am hoping to make reference to it later down the road. Thank you Rebecca for reaching one of your targets and writing this book. Your tale is a lesson to all of us I just finished your book and I am thus impressed by your strength. I have always been blown away by your strength. Extremely interested in the tapping therapy. Often while reading, I was just crying. Crying because of the pain your household felt. Crying because there are no words. Therefore many parallels to my loss. Just what a heart felt natural honest story! Which has got to be a gift. Then she recounts the occasions and takes you through her knowledge, outlining the path she took on the very long road back to her new regular.."Basically, I've learned that loving myself is among the hardest and most important jobs I've. I've quite a distance to go to find some peace within my soul, but your book provides helped me to observe that one day I shall find that internal peace.. I know he is watching and needs to be therefore immensely pleased with you. when you understand you certainly are a different person, someone you love, and it came about after losing someone so dear for you. I value how she told a true story. Thank you for sharing your story with us.

Shattered: From Grief to Pleasure After My Son's Suicide I read the book straight from cover to cover. Just what a gift this reserve is for those hurting! Reading Shattered experienced like sitting for a long coffee with a trusted friend gifting you with a deep, personal experience that has changed her, and that transforms you as well, in the informing. The biggest reward the reader receives is seeing Rebecca come through her trials to a place where she can be productive and joyful once again. She actually is clearly motivated to greatly help others, specifically those suffering reduction and trying to find meaning in life. This book spoke to me in my grief losing my only son, my only child by suicide. My husband and I now travel and spend winters in the South and summers in northern Michigan, very much as Rebecca and her husband plan to carry out. It supplied the insight in to the anguish and fear of life after the

suicide of your child. We're therefore thankful for Rebecca Tervo for sharing some of her story around and for her commitment to helping others sort out suicide recovery, as well. I can relate to the author on an individual level. Five stars. What a courageous book! An honest check out the heartbreak of grief everyone should browse! Ms. The openness and natural 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, dilemma and healing that most people walk through on the grief journey. She offers a perspective on how the stigma of suicide impacts the family and friends left behind while bringing consciousness to the actual fact that depression can be an illness that is not always visible. Many thanks for sharing your tale. I loved the quiet I actually loved the quiet, sound voice in the centre of Shattered. I can relate I came across this book extremely informative and helpful. Tervo and her story paint a true American portrait: of an innocent, un-self-reflective mom broken open by her 17 calendar year old's suicide. The same tragedy that shatters Tervo and threatens to ruin her marriage opens her eyes, with time, to an unexpected other world of likelihood for her life. Five Stars good Helping me cope! Her tale compelled me to learn on. Enjoyed the honesty As a mother and survivor of suicide is what attracted me to reading your publication. I came across it very true to what I am feeling by this tragedy in my own family's lifestyle. The hurt is indeed deep.. Thank you and God Bless. We am a retired girl who has followed her dreams after raising six kids and working in a rewarding career . So many parallels Recommend highly to anyone who lost a kid by suicide. I love how I could hear your voice throughout the book. But in scanning this, I understand you will channel your power to greatly help others. I applaud Rebecca for her honesty Shattered: From Grief to Joy After My Son's Suicide is a great read for anyone who has lost a loved one to suicide, is usually grieving the increased loss of someone you care about or wish to better know very well what someone going through grief experiences and how they can offer support. So extremely sorry for your reduction. The fact that she stays true to the very best of her Northern Michigan roots while discovering the various tools of transformation grounds and frames her experience. My son's suicide has broken my center in so many pieces. It gives me wish that it will not always be such as this. This subject is devastatingly emotional and difficult to handle. Will definitely try what she's done to cope with my broken heart.! Among our group projects in our social justice class was to recognize and present on a human population that is marginalized or oppressed. My group made a decision to perform ours on the populace of suicide survivors and we utilized Rebecca Tervo's book in an effort to learn about this population and to better understand their perspective. We learned a great deal from her experiences and would suggest this reserve to anyone wanting to read more. I would recommend the book to ladies young and old. Wow!! Anger, depression, consuming & Congratulations, Rebecca Tervo! My son died by suicide 6 weeks hence and lots of feelings and struggles that Rebecca terco offers experienced, i've experienced or am experiencing now.! Rebecca Trevor has a gift for telling the tale of her personal tragedy in a manner that is indeed much like sitting and speaking with a friend. The questions you asked yourself, all of the feelings you felt. My group decided to do ours on the population of suicide survivors and we used Rebecca Tervo's book in an effort to learn about this population and to better understand their perspective I am in the last few weeks of college for a master's level in occupational therapy.! I am therefore sorry for your reduction. Bravo..i think it definitely will help the wounded find strength Five Stars Written from the heart A beautifully written self-love book. This book was an extremely informative, well-written work. Although I don't experience a need to try the tapping technique, I love her suggestions on decluttering.



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