

The COVID-19 pandemic has left many of us haunted by feelings of anxiety, despair, and even anger. In this audiobook, pioneering therapist Pauline Boss identifies these vague feelings of distress as caused by ambiguous loss, losses that remain unclear and hard to pin down, and thus have no closure. Collectively the world is grieving as the pandemic continues to change our everyday lives.

With a loss of trust in the world as a safe place, a loss of certainty about healthcare, education, and employment, lingering anxieties plague many of us, even as parts of the world are opening back up again. Yet after so much loss, our search must be for a sense of meaning, and not something as elusive and impossible as “closure.”

This audiobook provides many strategies for coping: encouraging us to increase our tolerance of ambiguity and acknowledging our resilience as we express a normal grief, and still look to the future with hope and possibility.

**Pauline Boss, PhD**, is renowned as a pioneer, researcher, and theorist who first coined the term “ambiguous loss” in the 1970s. She has published over one hundred peer-reviewed articles and chapters and eight books, now translated into seventeen languages, and most recently received the AAMFT Emeritus Award for extraordinary work and leadership in marriage and family therapy. In this audiobook, Dr. Boss guides us to understanding and managing the ambiguity and nuances of loss during these stressful times of pandemic and change.

**READ BY ELISABETH RODGERS**

Running Time: 3½ Hours • Unabridged

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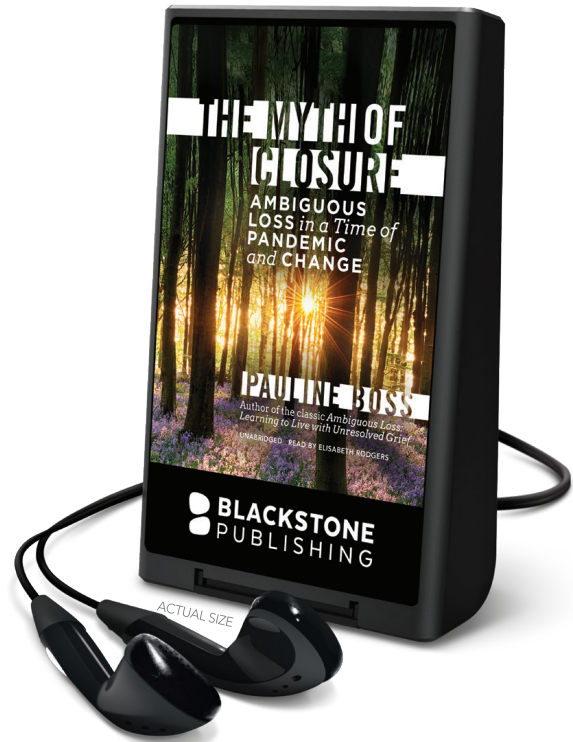
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