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A JOURNEY OF SELF-DISCOVERY - FROM THE DEPTHS OF GRIEF TO THE HEIGHTS OF HOPE

Two years ago, psychotherapist Chris Cameron was devastated by the murder of her partner, Robyn. Even now she struggles daily with the loss as she once again tries to find meaning in her own life. It isn't going well. Strangled by her work environment, suffocated by her own overwhelming grief, she finally realizes she is searching to find her own spirit. The all-encompassing question for her is, "is there life for her after her love's death?" Living in a culture that offers up psychotropic drugs, celebrity therapists, "reality" television, junk food, phone sex, credit cards and banal entertainment as diversions from pain and to avoid the recognition of loss, will Chris be able to rediscover her spirit? Does her resurrection rest within the very symbol of pain, descansos, the makeshift roadside shrines dotting the landscape of the west that symbolize loss and transformation? Will Chris ever be able to trust enough to love again? This richly textured novel is a sharp-witted commentary on contemporary issues such as gay marriage and shamanism. It also takes roundhouse swipes at religious fundamentalism, Wal-Mart, the decline of psychotherapy as a profession, Fox News, the media and right wing extremism. A blend of humour, loss, social commentary and relationships, DESCANSO takes readers on a moving, tragic, yet exhilarating journey from despair to hope and redemption.

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