



The Reincarnation of Columbus: Coping with the Death of a Child from SIDS (Grief and Depression)

Kevin O'Grady

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Ryan Columbus O'Grady was found dead in his crib when he was four months old. There was no sound, no struggle. A postmortem failed to show an adequate cause of death. This book is an account of the profound effects his death had on the author's life, telling in graphic detail the results of buried emotion on family, friends and business relationships. It is a painful and sometimes desperate story of his struggle to move out of mediocrity into a life deeply searching for soul purpose. It is about a father's pain, a father's deep, core wound. It is a man's struggle, because he has documented in this book the ruinous effect this old male approach to grief had on his life, and in doing so, hopes it goes some way to healing the malaise, the mediocrity, the buried pain, the unforgiven, the unsaid, the hidden hurt in fathers, mothers and all those left behind after the death of a loved one. If you have been touched by grief, sadness, suicide, depression, loss or abandonment, this book may help you make sense of life and death. It may help you find who you are and why you are here! Join the author in this epic voyage from the pain and sorrow of a father's grief, to the new world of forgiveness, empowerment and love.

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