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# Sanity And Grace: A Journey Of Suicide, Survival, And Strength



## Synopsis

Sanity & Grace speaks to all who have endured the sorrow of losing a loved one. In the depths of her suffering, Collins found relief by reaching out to others for help and support. Now she extends her hand to comfort other survivors whose lives have been affected by similar tragedy. Honest and inspiring, this story will not only interest Collins's followers but will also help soothe and heal those wounded by suicide and depression.

## Book Information

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## Customer Reviews

"Judy Collins was dealt one of life's worst blows in the suicide of her beloved son, Clark. She has dealt with that tragedy heroically in her beautifully written book, Sanity and Grace. I was both moved to tears and filled with the most enormous admiration for her as she depicted the phases of grief that ultimately led to her ability to go on with her life. There is beauty in this book."

Judy Collins has recorded forty-three albums over her long career, which has spanned more than forty years. She has several top-ten hits, Grammy nominations, and gold and platinum albums to her credit. She received an Academy Award nomination for her film *Antonia: A Portrait of the Woman* and has her own label, Wildflower Records, which contributes a portion of its proceeds to charity and nonprofit organizations. Collins is the author of *Sanity and Grace*, *Trust Your Heart*, *Singing Lessons*, and a novel, *Shameless*.

Judy gives insight into a painful and unmanageable journey a parent and family and friends go through when a child commits suicide. She shows courage and forgiveness as she shares the pain of her son's death and she also tells about the happy memories of him and the ongoing memories she is creating with his daughter and wife.

gave this as a gift to a family who experienced suicide.

I lost my son to suicide and it's helpful to know how someone else got through it.

Fast shipping; item exactly as described.

This book is rather depressing, but it gives great insight to Judy Collins the human being. There is some good poetry in it. I'm only half way through. It's a great bargain! Sanity and Grace

I was looking for more kiss and tells or tales. As the book mostly deals with the loss of her son I think the book could be helpful for someone trying to deal with the loss of a loved one due to suicide.

A touching, heartfelt, and honest story

Kind of rambling and repetitious. Resources were good and feelings were good but I felt it was not organized. I pre read it before giving it to a friend but I am not sure that I will.

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(Even Snacks) When I Go to Work I Feel Guilty: A Working Mother's Guide to Sanity and Survival  
Suicide was at the end of my Rainbow: For those with suicidal ideations and suicide attempts  
Suicide Information for Teens: Health Tips About Suicide Causes and Prevention (Teen Health Series)  
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Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training)  
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Youth Strength Training: Programs for Health, Fitness and Sport (Strength & Power for Young Athlete)  
The Strength Switch: How The New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish  
Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout)  
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