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# First Year, Worst Year: Coping with the unexpected death of our grown-up daughter

*Barbara A. Wilson, Michael John Wilson*

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**First Year, Worst Year: Coping with the unexpected death of our grown-up daughter** Barbara A. Wilson, Michael John Wilson
When clinical psychologist Barbara Wilson was faced with the devastating loss of her adult daughter Sarah, her professional skills were sorely tested. How she, her husband Mick, and their family came to terms with their loss is detailed in First Year, Worst Year, a moving memoir of survival during and after bereavement. Filled with photos of the Wilson family and their journey retracing the last moments of their daughter, who perished in a rafting accident in Peru, this book is a testament to the resilience of the human heart, even after it’s been broken.

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