



Unfinished Conversation: Healing from Suicide and Loss A Guided Journey

By Robert Lesoine and Marilynne Chöphel MFT

Unfinished Conversation is not only a story of profound grief, but also a guided journey to healing. Based on a journal Robert Lesoine kept during the two years following the suicide of his best friend, and Marilynne Chöphel's work with survivors of acute trauma, *Unfinished Conversation* uniquely offers readers a self-directed healing process based on mindful awareness and sound clinical practices.

The compelling story of Robert's journey from anger and sorrow, disappointment and regret, to the possibility of acceptance and forgiveness, follows a common trajectory of grieving after the suicide and tragic loss of a loved one. After each brief chapter of the story, revealing a particular stage or action in the aftermath, readers are invited through a series of related questions, to reflect on their own loss and memories in order to facilitate a transformative healing process.

The tools and techniques in *Unfinished Conversation* will help readers release past trauma, affirm emotions, transform the pain, and honor their relationship with their lost loved one, to find greater perspective, meaning, and wellbeing in their lives.

"*Unfinished Conversation* chronicles a path of transformation from anger and despair to compassion and liberation. We may have lost a loved one, but with mindfulness, concentration, and insight, we have the possibility of helping ourselves and the many loved ones around us."—**Zen Master Thich Nhat Hanh, *Being Peace***

"This compelling, raw and honest book ... [gives readers] a powerful set of tools that can support us in navigating and healing from the suicide of loved ones. Beautifully written, this book is pure medicine for the grieving heart."—**Tara Brach PhD, *Radical Acceptance***

"This eloquent book is a personal companion for those left behind, a friend nudging us forward with compassion and wisdom."—**Christopher Germer PhD, Clinical Instructor, Harvard Medical School, *The Mindful Path to Self-Compassion***

www.unfinishedconversation.com

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