



After the Darkest Hour: How Suffering Begins the Journey to Wisdom

Kathleen A. Brehony

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In the tradition of *When Bad Things Happen to Good People*, a book that explains the transformative power of suffering

Most people understand that suffering and sorrow are inevitable parts of every life and that illness, death, or loss of a loved one are universal experiences, not retribution or a symptom of bad luck. But few of us comprehend the ways in which suffering can give rise to growth.

In this sensitive and caring book, Kathleen Brehony describes the experiences of people who have endured life's trials and consequently found deeper spiritual and psychological meaning in their lives. Drawing on a rich selection of mythological and religious stories from many faiths, Brehony provides a historical and cultural context that enriches the meaning of these deeply personal tales.

After the Darkest Hour explores the qualities--psychological, behavioral, and spiritual--of those who have turned periods of pain and suffering into opportunities for growth and renewal. The final chapters offer exercises that will help readers approach the difficult situations they face in a more conscious, enlightened way, as well as specific suggestions for creating personal healing rituals.

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