

“A journey of grief and loss that leads to a place of wonder.”

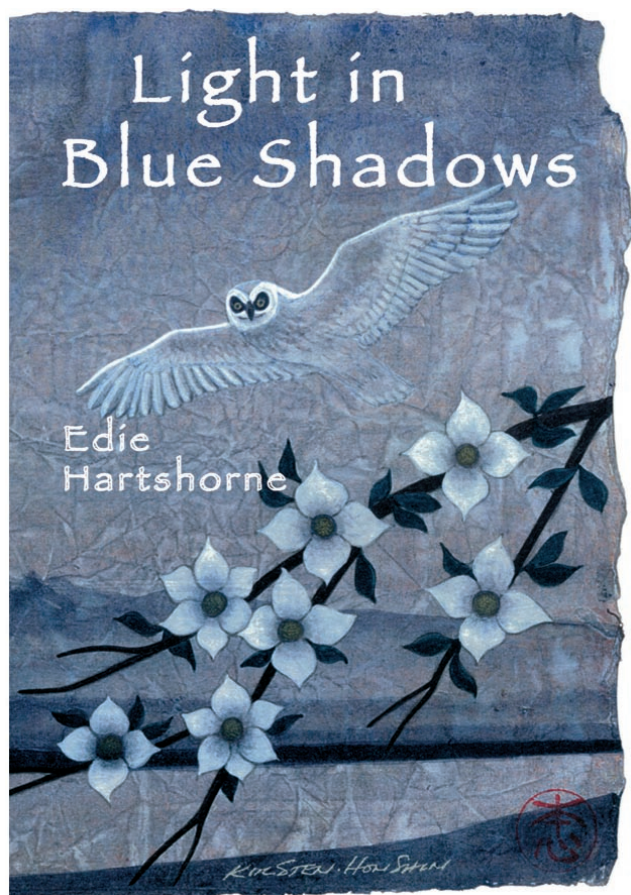
Isabel Allende



Edie Hartshorne's  
*Light in Blue Shadows*

Ellberg Publishing, 2007

For more information, please contact  
Edie Hartshorne 510.526.4476  
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“This beautiful book offers inspiration and hope to anyone who has suffered loss and seeks to return to a life of love and compassion, thereby creating peace.”

Thich Nhat Hanh  
author of *Being Peace*

“Hartshorne’s wise and deeply moving story offers nourishment to rekindle the heart.”

Sue Bender  
author of *Plain and Simple*

*I know now that suffering can transform into light, shining through blue shadows at dawn, that love is more enduring than death.*

*Can tragedy offer unexpected gifts?* Yes, is the inspiring answer in Edie Hartshorne’s beautiful *Light in Blue Shadows* which chronicles the painful and illuminating five-year odyssey into grief after the senseless death of her 20-year old son. Through her courageous self-reflection, therapist Edie Hartshorne uncovers the depth of human resilience, teaching all of us that within the darkness of death and sorrow live shining jewels of wisdom and healing.

Her compelling book offers inspiration to those who have experienced loss in their life—from the smaller endings that accompany every day like the failure of a relationship to the more serious ones such as the death of a child. Hartshorne’s book serves as a comfort to her readers and a precious reminder of the fragile beauty of our lives.

Order *Light in Blue Shadows* from Amazon.com and other online bookstores.

Edie Hartshorne,  
MSW, author and  
therapist



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**E**die Hartshorne, MSW has counseled individual families and group for 35 years.

She facilitates workshops and retreats internationally. She is also a dedicated musician with ten recordings to her credit. A Fulbright Scholar and a Fellow of the World Academy of Art and Science, Edie works tirelessly for peace and justice worldwide, in honor and memory of her son Jonathan and mothers everywhere who carry the weight of senseless loss.



Discover more about Edie by visiting [www.edie.hartshorne.net](http://www.edie.hartshorne.net).

## Author and Therapist Edie Hartshorne: Reveals the Taboo That *No One* Wants to Talk About

*Therapist Edie Hartshorne explains that there is still one big American secret.*

If your best friend's son died at age 20, would you know what to say? Most of us are completely clueless when it comes to comforting others who have recently lost a child.

Each year 75,000 children from the ages of 1-24 die for reasons (CDC 2007) ranging from accidental death to disease to war to suicide. This means 75,000 couples have to face the incredible solitude of the most unnatural loss possible, that of their children

Hartshorne explains that parents who lose a child, often experience a dual loss—that of their loved one AND their friends and family.

Lulu Orr, Executive Director of Good Grief, concurs with Hartshorne, “Parents tell me it’s the biggest loss of their life and family and friends pretend as if it did not happen...or they just disappear.”

This is because we are still uncomfortable when speaking about death, and the loss of a child is the most difficult of all.

“We expect to lose our parents, but to lose our own child seems unnatural,” Hartshorne explains. Lulu Orr adds. “It has to be the most painful loss of all—even more than that of a parent or a spouse...and we just don’t know how to talk about it.”

Edie Hartshorne puts words to the discomfoting silence that surrounds parents’ loss in her book *Light in Blue Shadows*, a compelling reflection about the unexpected death of her 20-year old son, Jonathan.

The book chronicles her emergence out of sorrow as she pursues the truth about his death reported at first as a suicide. The book uncovers her personal healing as she seeks to understand her son’s tragic end. Hartshorne’s *Light in Blue Shadows* gives voice to our last taboo, offering a cautionary tale as well as one of hope and comfort for its readers.



### --HOT TOPICS--

[Five Things NOT To Say To a Grieving Parent](#)

[The Three Most Important Things YOU Can Do After Losing Someone You Love](#)

[Nitrous Oxide: Recreation that Kills](#)

[Life on the Edge: How to Talk to Your Teenager About Fatal Play](#)

[Suicide or Accidental Death: One Mother’s Story of Getting at the Truth](#)

[Seven Easy Steps to Comforting a Grieving Friend or Family Member](#)

[Transform Your Grief Into A New Joy for Life](#)

# What People Are Saying About **Light in Blue Shadows**



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“A universal paean to all mothers’ grief at the loss of sons, no matter how they die, their race or class.”

Patrice Wynne  
author of **The Womanspirit Sourcebook**

“Hartshorne’s warm intelligence guides us through the landscape of grief. The portrait of her family that emerges reminds one of all that is good about families and how uniquely healing they can be.”

China Galland  
author of  
**Longing for Darkness, Tara and the Black Madonna**

“What happens when...a heart is forced to endure the devastating grief of a mother unexpectedly losing a child? *Light in Blue Shadows* is the record of such a journey; a tale...with a promise and purity all its own...a blessing for the rest of us.”

Peter Levitt  
author of **Fingerpainting on the Moon**

“Hartshorne’s brave exploration evokes an aching beauty and love of life; her luminous writing and vivid spirit guide us through a nearly unbearable experience with grace.”

Sandy Boucher  
author of **Dancing in the Dharma**

“Hartshorne’s work reveals...mature spiritual understanding...a fierce capacity for self-reflection, a penetrating intelligence and a widely literate culture.”

Anita Barrows  
author of **Rilke’s Book of Hours: Love Poems to God**

“Hartshorne guides us through...every parent’s worst fear, boldly, yet tenderly. Mysteriously we arrive in a place of inner peace, a place of pure light. This crystalline offering belongs to anyone journeying within the waters of grief.”

Janet Adler  
author of **Offering from the Conscious Body**