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Sommario/riassunto	When Carol Walsh pulled her fiance from the bottom of a diving well--dead from a massive heart attack--her life was turned upside down. Even though she was a psychotherapist working with clients suffering from trauma, this personal shock felt unbearable. Nonetheless, she had to heal herself while supporting clients--and, as a single mother, her two children. Using the creative interests she'd developed during childhood in order to emotionally save herself from a difficult mother, she fully recovered from her grief and PTSD symptoms--and as she recreated her personal, artistic, and professional life, she began to thrive.