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Sommario/riassunto	Tony Rodriguez was a compassionate and well-respected trauma therapist who devoted his life to helping survivors thrive, until his life was cut short in a tragic accident. Traumatized by the sudden loss of her husband and overwhelmed by the impact of his untimely death on their two sons, Jennifer Ohman-Rodriguez was determined to blaze a path toward healing. From the excruciating days immediately following his death, to navigating the bewildering labyrinth of young widowhood, to forging a new life for herself and her sons, A Time to Mourn & A Time to Dance chronicles her story with unabashed honesty and deep vulnerability, blended with authentic faith and teeth-clenching determination to do the hard work of healing. From the depths of despair back into the joy of living, retraced by the one who blazed her own path out of trauma's grasp, this book is infused with the Jennifer's heartfelt prayers, real-life applications of somatic and spiritual healing practices, and the kind of profound and practical wisdom that only reveals itself in life's moments of truth.

