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Irmtraud Tarr

What Rescues Us

Living with Losses

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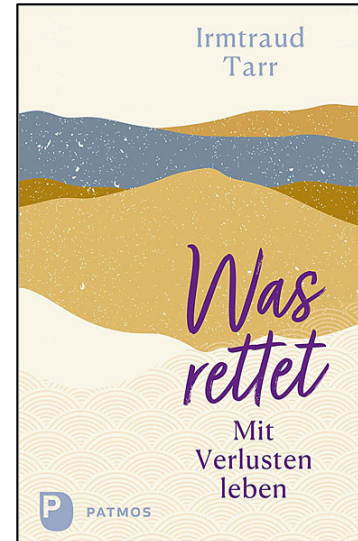
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- Pillars that support us in a crisis
- Irmtraud Tarr's most personal book

When we must cope with loss, we need the sources of strength that are always available to us. In her new book, the renowned psychotherapist Irmtraud Tarr concentrates on the value of rituals and habits that remain intact in difficult times. These are pragmatic, primal human survival strategies that strengthen us in times of pain and mourning, creating a space for hope. Irmtraud Tarr has interwoven reports about her own experiences of loss in this book and answers the question of how to open up to life again as a result.



About the author

Dr. Irmtraud Tarris a psychotherapist, university professor and internationally active concert organist. She is the author of more than 30 reference books and guidebooks that have been translated into many languages.

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