



The Matter of Hope: Transmuting Significant Life Changes and Loss Workbook

Alice Molter-Serrano

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The Matter of Hope is alchemy for the soul. It transmutes the darkest places in us into points of light. The author shares her story of losing her daughter at birth and how she fell into deep despair. She walks us through her steps in finding hope again. Focusing on the four areas of our being—physical, emotional, mental, and spiritual—she shares with the reader how these are affected by loss. She tells us how she transformed the despair and doubt into hope and peace. Beyond this she discovered and uncovered gifts and understandings deep inside herself that can help all of us. When we have great loss we also find underneath golden knowledge that can come only from walking through suffering and pain. "Thinking in mythological terms helps to put you in accord with the inevitable's of this vale of tears. You learn to recognize the positive values in what appear to be the negative moments and aspects of your life. The big question is whether you are going to be able to say a hearty yes to your adventure." Joseph Campbell in *The Power of Myth* (with Bill Moyers)

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