



Jennifer Ohman-Rodriguez. *A Time to Mourn & a Time to Dance: A Love Story of Grief, Trauma, Healing, & Faith*. Nashville: Chalice Press, 2022. 200 pages.

A Time to Mourn & A Time to Dance is an intimate, first-person chronicle by Jennifer Ohman-Rodriguez of the depths of grief and despair she experienced in the wake of the sudden, tragic loss of her beloved husband, a loss she witnessed that continues to flashback in dreams and triggering events. It is a story of finding true love and building a family grounded in faith that was extended by the life-saving work of the author's husband, Tony Rodriguez, a trauma therapist who founded the Men's Center for survivors of sexual abuse and co-authored the book *Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts*. *A Time to Mourn & A Time to Dance* is a testament to Ohman-Rodriguez's courage to shed light on the long, arduous work of recovering from life-changing trauma in a candid and vulnerable way that offers hope for others struggling to find their way through grief and loss.

The author's journal entries included in the book reveal raw thoughts, feelings, and the painstaking processing of an unexpected tragedy that took her husband and nearly claimed the lives of her two young sons. Early entries are comprised of sentences that often contain only two or three words, likely written in a trembling hand drenched by tears flowing from a broken heart, an opening that exposed Ohman-Rodriguez to the cruel platitudes and dismissive gestures of others trying to help, well-meant intentions poorly executed without thought of the damage inflicted. Each word, painfully emanating from deep within, lays bare the agony threatening her survival as she desperately sought healing with determination and a force of will only be possible through faith.

Written by the wife of a professional trauma therapist, *A Time to Mourn & A Time to Dance* is poised to be a possible roadmap to recovery for those experiencing the loss of a loved one, an insightful resource for those who care for those experiencing loss, and a solid addition to the libraries of professional care providers working in the fields of trauma, grief, and recovery. The book is written in an easily accessible manner that offers immediate support and reassurance for anyone seeking to understand the journey of grief following the loss of a loved one. It acknowledges and validates the pain, suffering, and struggle encountered on the path to healing.

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