



Front Row Seats to Crazy

Helena L. Rouhe

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When mental health therapist Helena L. Rouhe loses both of her parents within the span of eighteen days, she comes face-to-face with an experience that will change her forever.

There's no instruction manual on how to grieve the death of a loved one—it's a process filled with peaks and valleys, and while Rouhe has counseled hundreds of people navigating the waters of sorrow, she soon realizes she has to put her teacher's hat aside and learn her way through this heartbreaking situation.

While managing her parents' estate and sifting through their "stuff," Rouhe begins to examine and catalogue her own "stuff"—both physical and emotional. This soul-searching period helps her identify the enormous influence her parents have had on the choices she's made and who she's become.

Front Row Seats to Crazy is the story of Rouhe's loss, how she survives her grief, and the indelible impact her parents had on her—and on all those with whom they shared their lives.

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