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A TALE OF TRAGEDY AND RESILIENCE

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It's something that most people aren't comfortable talking about; a subject shied away from for fear of saying or doing the wrong thing.

Discussions about devastating loss are often avoided, much to the detriment of loved ones, but Jeff Sutherland is hoping to change this narrative. In his new memoir, *Still Life*, the local man whose life has been forever changed by ALS also opens up about the soul-shattering loss that rocked his family in 2016, when his son and girlfriend died in a kayaking accident on the Credit River that runs behind the family home.

"Unfortunately dark and painful moments are throughout this book," he said. "Darlene (my wife) and I wanted to make the book an authentic and accurate story about what it's like to live with a severely limiting terminal illness, and the immensity of loss that a



Melanie Hennessey/Torstar

Jeff Sutherland, joined by wife Darlene, is gearing up to release his memoir, *Still Life*.

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