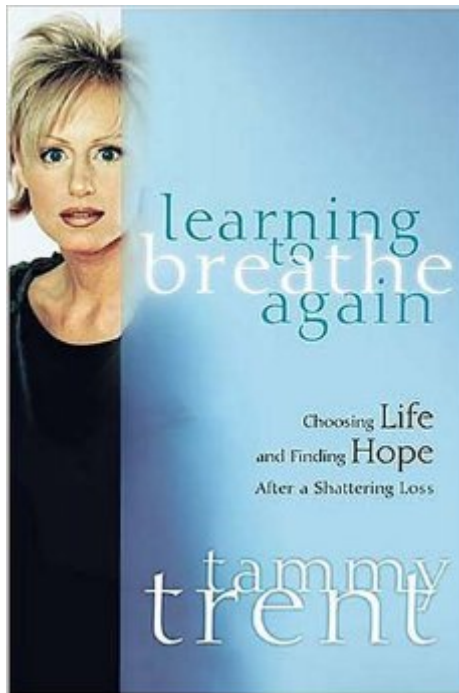


The book was found

# Learning To Breathe Again: Choosing Life And Finding Hope After A Shattering Loss



## Synopsis

Follow Christian singer/songwriter Tammy Trent as she tells of her beautiful love story turned tragic, still pointing to God as the source of all life and hope. Theirs was a fairy-tale romance. Her husband, Trent, was Tammy's best friend and business manager. While vacationing in Jamaica in 2001, a routine free diving excursion in the Blue Lagoon turned drastically tragic when Trent never resurfaced. Unfortunately, the following day's events of 9/11 would create an incredible obstacle to Tammy's and her family's efforts to connect and handle these horrendous events. Tearful prayers pleading with God to make Himself real have been answered, and God is slowly restoring Tammy's joy and hope, as she begins to sing and dance again for Him.

## Book Information

Hardcover: 224 pages

Publisher: Thomas Nelson (June 30, 2004)

Language: English

ISBN-10: 084991826X

ISBN-13: 978-0849918261

Product Dimensions: 9.2 x 6.3 x 0.9 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #35,177 in Books (See Top 100 in Books) [#2 in Books > Arts & Photography > Music > Musical Genres > Religious & Sacred Music > Contemporary Christian](#) [#2 in Books > Arts & Photography > Music > Musical Genres > Contemporary Christian](#) [#6 in Books > Christian Books & Bibles > Christian Living > Music](#)

## Customer Reviews

This is something I never do, but could not help myself as a friend told me about your less than desirable review of my book "Learning to Breathe Again". I'm assuming you're a man because there was certainly no words of compassion, as most Women express to me after reading my book. Forgive me if I'm wrong. The mere fact that you would say the I (hagiographic) "idealize or worship" Trent in my book is so alarming. There is truly a difference between idealizing a person and giving honor to a person who has impacted your life. Just as I honor the Lord through those pages too. But you must not know the difference. "It is not well written" you say? How much better can a person put their life onto paper? And why is it that I'm told everyday that people can't put it down? Have you walked in my shoes? Then what rights do you have saying that the way I described my anguish was

too much and possibly over done or said. Were you there with me in Jamaica when I was all alone? NO! 90% of the ones buying this book have never even heard of me before, so NO, it's not just for 'my fans'. "Learning to Breathe Again" came out of a heart that was broken and then giving honor to a man that change my life AND honor to a God who is putting it back together again. At least one young women that I know of gave her heart to Jesus after reading my book. I would say that has everything to do with the "spiritual" and less of the "chatty". Yes, some times healing is slow, but don't knock somebody because of it, or mock their words or their pain. I started writing this book only 24 months after I lost Trent, so undoubtedly I didn't have too much to say about the "other side" as I was still working my way towards it. I will be everyday of my life. I wish you well, but I also wish you would learn a bit more about reviewing someones autobiograhly. This is NOT fiction. This is my life and I take offense to your review of it!

The week of 9/11 I remember thinking that while we were in shock over the horrific events in New York, Washington, DC and Pennsylvania, there were people who were going through their own personal tragedies that would be overshadowed by the events of this day. Someone's mom would be dying, someone would get a diagnosis that they did not want to hear or a car accident would spin someone's life in a new direction. It reminded me that C.S. Lewis had passed away the same day as JFK's assassination and his death was barely noted as a result. Tammy Trent was one of those people. September 10th dawned wonderfully for her and her husband, Trent. They were enjoying some idyllic days on a Jamaican beach before doing a mission trip on another part of the island. Thrilled to be together --- away from cellphones, Internet access and the demands of Tammy's music career --- they were reveling in their time together and making plans. Trent was an accomplished free diver, which means that he dove without air tanks, able to hold his breath up to five minutes. The beautiful Caribbean waters beckoned him to make a dive at Blue Lagoon before he and Tammy went off for a relaxing afternoon together. Trent pushed off and turned back to wave to Tammy one last time before he made his dive. This was a tradition of theirs. One never left; you walked away and then turned back again and again. Trent waved and dove into the blue water. Fifteen minutes went by and he still was not back. Then 30 minutes. Then 45. Tammy knew something was drastically wrong. Beckoning people to help her, a search for Trent commenced. But he was not found that day, even when divers went to 240 feet down. She called her family back in the States to share her heartbreaking news. Her father-in-law raced from a meeting in L.A. to be with her. Everyone else vowed to be there in the morning. The morning of 9/11 the world fell apart and Tammy found herself trapped in a nightmare in Jamaica without her family and friends

surrounding her. Her father-in-law was the only family member to make the trip, as he had left California late the previous evening. He quickly took over the details of searching for Trent, whose body was found later that day. There was one gash to his head; the assumption is that he was struck by a boat or a piece of coral. No one will ever know what happened. For the next eleven days Tammy was trapped in Jamaica, unable to return home. As her father-in-law tried to handle the paperwork, Tammy found a Bible in her hotel room and turned to Scripture for guidance to get her through this nightmare. While her friends and family could not be there to wrap their arms around her, God's word was there for her, and through her Bible reading she tried to make sense of what was going on. The metaphor of Trent holding his breath to dive and Tammy learning to exhale to get on with her life is a beautiful one. It draws readers into the essence of their relationship. They fed their relationship with notes, cards and little traditions that bound them together. Tammy shares these intimacies and, from them, readers draw how much of her strength came from Trent --- and how she relied on him. When she was on tour with him, she knew he was just a glance away at the soundboard. She was free to make music while he managed the details. Suddenly she was on her own. Shortly after the tragedy while she was still in Jamaica, her mom called to say, "Keep breathing, honey. Trent wants you to breathe." Readers will feel the rawness of her hurt and will walk with her through the healing process. She and Trent clearly had a special relationship, but Tammy is not above also admitting her shortcomings along the way. She is quick to share the moments where she was more selfish and immature than Trent. She easily admits her own faults in the relationship and how she may have hurt him along the way. Tammy Trent fans will enjoy this book, but so will readers who are looking for a story of hope. Yes, tissues are a requirement with reading this one, but I dare you not to send a card to a loved one, or make another special expression of your love once you finish reading it. The book made me stop and think about all the little things that consume us and do not allow us the time to be there for the people we love. I daresay that Tammy and Trent put more into their 18 years together than many people have in a lifetime. Take that away and figure out how you can put more into the relationships that matter to you. --- Reviewed by Carol Fitzgerald

[From the Desk of Tammy Trent] Deborah - Thanks for your comments. You're soo right, nobody should ever take life or love for granted and we should always have a thankful heart for the things God gives us. Life is very fragile. I'm sure you didn't mean to come across insensitive as you stated you found it a little hard at times to feel sorry for me because I had the "perfect marriage" for 15 years. (Let me just correct you there - we were married for 11 years- and this book isn't about

"feeling sorry for me" or "the perfect marriage") Yes, it's true, I had a wonderful marriage but it was not a perfect one as you state. I clearly talk about that in my book. It's something we worked at every day. Just like any relationship. You have to be careful not to assume that people take every wonderful gift in their life for granted or that they are unthankful. And those of us that have lost have a hard time hearing, "you should be thankful you had that amount of time together". That is so irrelevant and certainly doesn't lessen the pain. I certainly pray that you too find amazing love someday. And I pray that God protects your own heart from feeling resentful to those of us that have experienced true love. The TRUE LESSON here is to rejoice when God gives somebody a gift such as true love and pray that God might bless you someday with that same kind of love if that's what your heart desires. No matter what ones loss or void they feel in life, God can restore, heal and fulfill. I hope that makes clear my thankful heart. Tammy Trent

I was blown away by Tammy at a conference and I had to know more about this incredible lady, so I bought this book. I loved it, the real emotion behind every word and the pain that this woman went through is beyond my imagination. I could not put it down until I'd read every page. What a blessing and God send Tammy is to women everywhere. The courage and love for God that she exudes at Women of Faith conferences make this a "must read".

[Download to continue reading...](#)

Learning to Breathe Again: Choosing Life and Finding Hope After a Shattering Loss (Women of Faith (Thomas Nelson)) Learning to Breathe Again: Choosing Life and Finding Hope After a Shattering Loss Learning to Breathe Again: Choosing Life and Finding Hope After a Shattering Loss (Women of Faith) Desperate: Hope for the Mom Who Needs to Breathe There Are No Sad Dogs in Heaven: Finding Comfort After the Loss of a Pet Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance Learning to Breathe: One Woman's Journey of Spirit and Survival Choosing Hope: Moving Forward from Life's Darkest Hours The Geography Bee Complete Preparation Handbook: 1,001 Questions & Answers to Help You Win Again and Again! Hollywood's Earth Shattering Scandals: The infamous, villains, nymphomaniacs and shady character in motion pictures. 8th Edition. Book/Part 2. (Showbiz Entertainment And Cinema Stars obsession w) Glass House: The 1% Economy and the Shattering of the All-American Town World of Warcraft: The Shattering: Book One of Cataclysm Choosing to SEE: A Journey of Struggle and Hope Hope Into Practice: Jewish Women Choosing Justice Despite Our Fears Life After Death and Modern Day Miracles: Over 50 True Accounts of Life After Death, Modern Miracles, and Angelic Visitations Animal Life After Death & Animal Reincarnation: Pet Loss Answers for all

your heart's Questions! Finding God in the Waves: How I Lost My Faith and Found It Again Through  
Science Teach, Breathe, Learn: Mindfulness in and out of the Classroom Breathe: The Simple,  
Revolutionary 14-Day Program to Improve Your Mental and Physical Health REMEMBER TO  
BREATHE

[Dmca](#)