



# Shards of Ice: Antarctica - Death Survival Grief

*Minnie Biggs*

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*Shards of Ice* is about Antarctica, the death of a beloved husband and grief. Written in fragments, *Shards of Ice* interweaves experiences of the author's trips to Antarctica – the first was soon after her husband died – and stories of the early explorers, in the form of snapshots rather than linear history. There is a section on the Red Desert, central Australia, another spiritual home of the author's, contrasting with the southern white desert. And significant reflection about the four years of her husband's decline, his death and her grief. The growing demographic of Baby Boomers will be facing dying and grief sooner than they expect. *Shards of Ice* provides pathways and experience, and asks questions.

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