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The Punctuation of Loss

“Learning about death, loss and grief – and how to live with the anxiety they bring – helps us to live better”

Plenna’s Chair David Sunderland published the book *The Punctuation of Loss* on 30 July 2026.

It offers an original framework for understanding death, grief and transformation through the metaphor of punctuation. Just as full stops, commas, ellipses, colons and semicolons give structure and meaning to language, they can also illuminate the ways we experience endings, uncertainty, continuity and renewal. Drawing on literature, philosophy, psychology, medicine and cultural traditions, the book shows how loss is less something to endure, and more an essential part of what gives shape to life.

Moving from personal experience to the challenges facing societies and institutions, the book explores how individuals and communities navigate change. From bereavement and divorce to democratic fragility, environmental crisis and the future of global cooperation, it argues that learning to “punctuate” endings more thoughtfully can help us to respond with greater wisdom, resilience and humanity.

David made a presentation on 3 December 2025 about his experience and the book. In this 2-minute video he explains why he wrote the book and what it is about. See also this page with an explanation and endorsements.

The book is on sale on Amazon worldwide in paperback and Kindle.

THE PUNCTUATION OF LOSS

Navigating Endings and Transitions



DAVID SUNDERLAND

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