

What Facebook's COO Learned From Grief

Tablet

It takes vulnerability to ask for help, to show that you depend on another. That was something new to Facebook COO Sheryl Sandberg, whose husband passed away in 2015. After the *sheloshim*—the 30-day period after one's death—Sandberg posted a reflection on her loss, lessons she learned, “in the hope that it helps someone else. In the hope that there can be some meaning from this tragedy. I have lived thirty years in these thirty days. I am thirty years sadder. I feel like I am thirty years wiser.”

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