

## **BOOK RECOMMENDATIONS**

### **Recommended for General Grief**

#### ***Healing After Loss: Daily Meditations for Working Through Grief* : Martha Whitmore Hickman**

The classic guide for dealing with grief and loss. For those who have suffered the loss of a loved one, here are thoughtful words to strengthen, inspire and comfort.

#### ***Healing Your Grieving Heart: 100 Practical Ideas* : Alan D. Wolfelt**

With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, it explains how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies

#### ***Making Loss Matter* : David Wolpe**

A theologian with the heart of a poet, Rabbi David Wolpe explores the meaning of loss, and the way we can use its inevitable appearance in our lives as a source of strength rather than a source of despair.

#### ***Grief Counseling & Grief Therapy, fourth edition*: J. William Worden**

Grief affects different people in different ways, most emerge from mourning in a healthy manner but for some the death of a loved one can cause intense emotional pain that is difficult to recover from. This type of grief can often surface as an underlying cause of physical and mental health problems requiring professional treatment. This fourth edition builds on the success of the previous editions which received worldwide acclaim for their sensitive, insightful, and practical approach to grief counselling.

### **Recommended for Death of a Partner/Spouse**

#### ***I'm Grieving As Fast As I Can: How Young Widows and Widowers Can Cope and Heal* : Linda Sones Feinberg**

A guide for young widows and widowers through the normal grieving process that highlights the special circumstances of an untimely death. Young widows and widowers share thoughts and dilemmas about losing a loved one, what to tell young children experiencing a parent's death, returning to work and dealing with in-laws.

#### ***After Image: A Brokenhearted Memoir of a Charmed Life* : Carla Malden**

In this fiercely personal account of her battling the *before*, and surviving the *after*, of losing her husband to cancer, Carla Malden takes us on a journey through grief to gratitude that alerts the entire forever-young generation: this is not your mother's widowhood.

#### ***Death without Denial, Grief Without Apology* : Barbara K. Roberts**

When former Oregon Governor Barbara Roberts' husband, State Senator Frank Roberts, was dying from lung cancer, she had to look inside of herself as well as beyond herself to find ways to survive what felt unbearable. What Barbara Roberts learned during the final year of her husband's life, and her subsequent years of grieving, fill the pages of this honest and inspiring new book