

## ***TMC Hospice - Grief Bibliography, 2018***

### **GENERAL GRIEF BOOKS**

*Bearing the Unbearable: Love, Loss and the Heartbreaking Path of Grief*, Joanne Cacciatore, PhD

When a loved one dies, the pain of loss can feel unbearable—especially in the case of a traumatizing death that leaves us shouting, “NO!” with every fiber of our body. The process of grieving can feel wild and nonlinear—and often lasts for much longer than other people, the nonbereaved, tell us it should.

Organized into fifty-two short chapters, *Bearing the Unbearable* is a companion for life’s most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity. Dr. Joanne Cacciatore—bereavement educator, researcher, Zen priest, and leading counselor in the field—accompanies us along the heartbreaking path of love, loss, and grief. Through moving stories of her encounters with grief over decades of supporting individuals, families, and communities—as well as her own experience with loss—Cacciatore opens a space to process, integrate, and deeply honor our grief.

*It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*, Megan Devine

Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, “happy” life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it. In this compelling and heartfelt book, you’ll learn:

- Why well-meaning advice, therapy, and spiritual wisdom so often end up making it harder for people in grief
- How challenging the myths of grief—doing away with stages, timetables, and unrealistic ideals about how grief should unfold—allows us to accept grief as a mystery to be honored instead of a problem to solve
- Practical guidance for managing stress, improving sleep, and decreasing anxiety without trying to “fix” your pain
- How to help the people you love—with essays to teach us the best skills, checklists, and suggestions for supporting and comforting others through the grieving process

Many people who have suffered a loss feel judged, dismissed, and misunderstood by a culture that wants to “solve” grief. Megan writes, “Grief no more needs a solution than love needs a solution.” Through stories, research, life tips, and creative and mindfulness-based practices, she offers a unique guide through an experience we all must face—in our personal lives, in the lives of those we love, and in the wider world.

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

For those who have suffered the loss of a loved one, here are thoughtful words to strengthen, inspire and comfort.

*Good Grief: Healing Through the Shadow of Loss*, Deborah Morris Coryell

A compassionate guide to the experience of loss as an essential growth process which explores the nature of loss as a profound mystery shared by all human beings, offers sensitive and practical advice for experiencing grief and preparing for the healing journey that follows includes CD of the author reading selections from the text.

*The Grief Recovery Handbook, 20<sup>th</sup> Anniversary Expanded Edition: The Action Program for Moving Beyond Death, Divorce and Other Losses*, John W. James and Russell Friedman

Incomplete recovery from grief can have a lifelong negative effect on the capacity for happiness. Drawing from their own histories as well as from others', the authors illustrate how it is possible to recover from grief and regain energy and spontaneity. Based on a proven program, this handbook offers grievers the specific actions needed to move beyond loss. New material in this edition includes guidance for dealing with loss of faith, loss of career and financial issues, loss of health, growing up in an alcoholic or dysfunctional home.

*Transforming Traumatic Grief: Six Steps to Move from Grief to Peace after the Sudden or Violent Death of a Loved One*, Courtney Armstrong

This book provides compassionate support and creative ways to soothe and transform your emotions with powerful, but simple strategies that: - Promote healing and calm feelings of anxiety, anger, or despair - Alleviate nightmares, intrusive images, and ruminating thoughts - Relieve guilt and regrets so you can open up to new experiences in your life - Help you get the kind of support you want from other people - Retain "the living story" of your loved one and sense them as a positive presence in your life.

*Getting Grief Right: Finding Your Story of Love in the Sorrow of Loss*, Patrick O'Malley

Illuminated by O'Malley's own story of losing his infant son and those of many clients that he's supported, readers learn how the familiar “stages of grief” too often mislabel our sorrow as a disorder, press us to “get over it,” and amplify our suffering with shame and guilt when we do not achieve “closure” in due course.

*Option B: Facing Adversity, Building Resilience and Finding Joy*, Sheryl Sandberg and Adam Grant

Resilience comes from deep within us and from support outside us. Even after the most devastating events, it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives. *Option B* illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces. Many of these lessons can be applied to everyday struggles, allowing us to brave whatever lies ahead.

*The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief*, Francis Weller

Weller reveals the new vitality we may encounter when we welcome, rather than fear, the pain of loss. Through moving personal stories, poetry, and insightful reflections he leads us into the central energy of sorrow, and to the profound healing and heightened communion with each other and our planet that reside alongside it.

*Progressing Through Grief: Guided Exercises to Understand Your Emotions and Recover From Loss*, Stephanie Jose

This book is divided into three sections, each focusing on key factors that create a powerful process for healing: Understanding why grieving is important, and how grief affects your body, Identifying complicated feelings and learning skills for coping with them, Journaling to move through overwhelming feelings and practicing self-care through relaxation techniques, nutrition tips, and meditation practices.

*Mindfulness for Prolonged Grief: A Guide to Healing after Loss When Depression, Anxiety and Anger Won't Go Away*, Sameet M. Kumar

This book offers real tools for overcoming the painful symptoms of prolonged grief. In the book, you will learn to relieve your pain by maintaining a healthy lifestyle, improving the quality of your sleep, and reconnecting with your life's goals. In addition, you will discover how mindfulness exercises and guided meditations can help you process your grief, manage your intense emotions, and deal with loss without resorting to avoidant behaviors (such as addiction) as coping mechanisms.

*Mindfulness and Grief: With Guided Meditations to Calm Your Mind and Restore Your Spirit*, Heather Stang

Coping with grief and loss is one of life's greatest challenges. At times, it may seem overwhelming and impossible to navigate. This inspirational grief book offers real-life stories and mindfulness-based techniques to help you reduce your suffering even during the toughest of times. Whether you are new to meditation or have been practicing for decades, *Mindfulness & Grief* will not only help you in the short term, it will teach you how to live your life more fully even in the wake of loss.

*When Their World Stops: The Essential Guide to TRULY Helping Anyone in Grief*, Anne-Marie Lockmyer

This award-winning book will equip the reader to: understand what they are experiencing and feeling, say the right things and avoid saying the wrong things, be supportive with appropriate actions and gifts, encourage them during the holidays, write a lovely message in a sympathy card and so much more.

### **LOSS OF A SPOUSE**

*A Widow's Guide to Healing: Gentle Support and Advice for the First 5 Years*, Kristin Meekhof and James Windell

This inspiring book shows grieving widows what to expect and how to deal with the challenges of losing a life partner. From immediate issues like finances, estates and medical bills to long-term hurdles such as single parenthood, being a widow in the workplace and navigating social situations by yourself, this book guides widows through the tumultuous and painful first five years to a more hopeful future.

*Widow to Widow: Thoughtful, Practical Ideas for Rebuilding Your Life*, Genevieve Davis Ginsburg

Widow, author, and therapist Genevieve Davis Ginsburg offers fellow widows-as well as their family and friends-sage advice for coping with the loss of a husband. From learning to travel and eat alone to creating new routines to surviving the holidays and anniversaries that reopen emotional wounds, *Widow to Widow* walks readers through the challenges of widowhood and encourages them on their path to building a new life.

*Tomorrow Died Yesterday: A Survivor's Guide to the Loss of a Spouse*, Kathleen J. Cahalan

You will find in this book an authentic description of the grief journey by a widow and a widower who have experienced the loss of a spouse first hand. After reading this book, you will be better equipped to deal with both emotional and practical issues, from the initial shock of loss, to writing an obituary, planning the funeral or memorial service, dealing with financial issues, coping with others who say the wrong thing, sorting through possessions, forming new relationships, finding strength from spiritual practice, and much, much more.

*Grief Diaries: Loss of a Spouse*, Lynda Cheledin Fell

When one loses a spouse, whether young or old, the emotional aftermath can take our breath away. The journey is sometimes a tumultuous one that challenges our fears, friendships, and even our future. While each loss is as unique as one's own fingerprint, and grief tools aren't one-size-fits-all, it's important to know you are not alone. It offers an intimate collection of stories by people around the world who have all walked in your shoes.

*The Tender Scar: Life After the Death of a Spouse*, Richard Mabry

Offering hope and healing for the brokenhearted, *The Tender Scar* addresses the heart-wrenching pain of losing a spouse. Working from journal entries written after the death of his wife, Mabry uses his own journey as a stepping-stone to a practical discussion of the grief process. In this second edition, Mabry includes a new chapter that highlights the process of building a second marriage and blended family after loss.

*Both Sides Now: A True Story of Love, Loss and Bold Living*, Nancy Sharp

The past is simply part of our story; just not the whole story...On the very day that Nancy Sharp delivered premature twins, she learned that her husband's brain cancer returned after eighteen months in remission. Less than three years later, at the age of 37, she became a widow. But while many in that situation would crumble, Nancy had an innate ability to hold life and death in the same moment. She learned to "see beyond the frame's edge."

*When Your Spouse Dies: A Widow & Widower's Handbook*, Othniel Seiden

Dr. Seiden discusses the financial issues facing the newly widowed, the personal issues, the physical issues and offers coping mechanisms and practical advice for all. The purpose of this book is to help you, the newly widowed, to cope with your loss and help you down the path to eventually create the new life you've been released into. Your mate's life has ended, but the fact remains that yours has not. There will be new demands on you and you will have to figure out how to deal with them in addition to all the personal trauma you're going through.

*The Ten Gifts of Grief: When a Soul Mate Departs*. Hawthorne Wood

Overcome by a tsunami of sorrow when her husband and soul mate died suddenly in a mountain climbing accident, the author realized that writing about the tragedy was the only way she would survive the darkest hours of her life. This is her story, the lessons she learned, and the surprising gifts she received.

**KIDS/TEENS DEALING WITH LOSS**

*"Wish You Were Here": A Book About Missing Someone*, Andy Cohen

*This is a light-hearted book about missing someone, based on a true story about a pregnant lady who really, really misses her Dad. One day the lady has a dream where her Dad explains exactly why he can't be there for the birth of his grandchild and leaves his daughter with a much deeper understanding of why things are the way they are. This book is as much for adults as it is for children, and is written and illustrated as a way for families to talk about those special people they wish were still in their lives.*

*Life and I: A Story about Death*, Elisabeth Helland

*For parents of children facing the loss of a family member, a friend, or a pet, this book finds words to express what is often so difficult to explain. It ends with such a feeling of uplift and acceptance that readers of any age will turn the last page with a smile and a tear.*

*Tear Soup: A Recipe for Healing After Loss*, Pat Schwiebert

*If are going to buy only one book on grief, this is the one to get! It will validate your grief experience, and you can share it with your children. Affirms the bereaved. Educates the un-bereaved. A building block for children.*

*Thinking of Mom: A Children's Picture Book about Coping with Loss*, M.O. Lufkin

*Children coping with loss and the grown-ups who love them will find comfort in this engaging and empathetic story. It's a great resource for parents and caregivers, teachers, therapists and social workers helping young people to understand grief over the death of a loved one.*

*Answering Children's Questions About Death*, Abigaile Hunt

*The best way to answer a child's questions is to let them ask. What is death? What is a funeral? When will I die? Are there cell phones in Heaven? This book is to help prepare the parent so that when those questions come, you will have a starting point for your answers.*

*Because the Sky is Everywhere*, Nancy Sharp

*Liam's father dies but the truth is that Liam doesn't fully understand what this means. He wonders if his dad is hiding. Liam searches in all the obvious places until his dreams lead him to the sky where he feels his dad's presence all around him. In this sensitive and tender book, Liam learns that just as the sky is everywhere, so, too, is his father's love. Because the Sky is Everywhere helps children accept that even though someone close to them dies, the love they feel can be everlasting.*

*Story Monkey on Memory Mountain*, Eileen Vandergrift

*Story Monkey On Memory Mountain is a children's book that follows the relationship between a young monkey and his mother from early childhood, to separation and eventual loss. It provides a brave example of how the little monkey continued to digest his losses until eventually discovering that his relationship to his mother would always remain deeply alive inside of him.*

*How to Go on Living When Someone You Love Dies*, Therese A. Rando.

The author leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself. Whether the death was sudden or expected, from accident, illness, suicide, homicide, or natural causes, Dr. Rando will help you learn to understand and resolve your grief, talk to children about death, resolve unfinished business, take care of yourself, accept the help and support of others, get through holidays and other difficult times of the year, plan funerals and personal bereavement rituals. There is no right or wrong way to grieve; each person's response to loss will be different.

## **LOSS OF A CHILD**

*Out of the Darkness: Coping With and Recovering From the Death of a Child: Hope, Help, and Healing Resources for Bereaved Parents and Anyone Touched by the Loss of a Child, Kimberly Amato*

*Whether you are a bereaved parent, family member, or, perhaps a friend, co-worker or professional who works with the bereaved, this book was written for you... a source of information, support, resources, and strategies for coping and healing after the death of a child.*

*After the Flowers Die: A Handbook of Heartache, Hope and Healing After Losing a Child, Melanie Delorme*

*Melanie Delorme lost her eight-year old son in a hunting accident. In After the Flowers Die, she offers encouragement, hope and honest suggestions for how you can once again experience joy. This book is written in an easy to read A to Z format and covers topics that many parents may experience, such as anger, bitterness, birthdays, Christmas, hope, signs, and more. If you have lost a child and are feeling hurt and hopeless, this book is a great starting point for you to acknowledge your loss, celebrate your child's life and find hope.*

*Grief Diaries: Loss of a Child, Lynda Cheledin Fell*

*When we lose a child, life as we know it ends and a new one begins. We find ourselves embarking on a journey through a dark, maze-like abyss without a compass or light. But the truth is, you aren't alone in the dark, for there are many of us. In Grief Diaries: Loss of a Child, we share your journey. We understand the painful holidays, the shifted friendships, and the overwhelming emotions that threaten to engulf us in the grocery store. This is a deeply intimate collection of stories by parents around the world who have all walked in your shoes. No matter the age, the circumstance, or number of days since your beloved child's passing, the stories contained within this book offer company, comfort and hope, and are a treasured reminder that none of us walk this journey alone.*

*Finding Life after Losing One: A Parent's Guide for When a Child Dies, Nikki King*

*The pain of losing a child to death is real. Friends, family, and parents of children of all ages who have passed on will find an empathetic voice in this book full of real-life advice from parents who've been there. Learn what to do as a parent, what not to say as a friend, and how to preserve precious memories during times of mourning and moving forward.*

*How to Survive the Worst That Can Happen: A Parent's Step-by-Step Guide to Healing After the Loss of a Child, Sandy Peckinpah*

*This is a practical, inspirational guide to coping with the many facets of bereavement; learning how to talk about your loss, the aftermath of sorrow, handling fear and anger, helping your living children adjust, strengthening your marriage, experiencing miracles, and the promise that you will regain a quality of life where you'll feel joy once again.*

## **LOSS OF A PARENT**

*Grief Diaries: Loss of a Parent*, Lynda Cheldelin Fell

*This is a collection of intimate and candid narrations from different writers about their journey through losing a mother or father. In chapter one, each writer bravely penned the moment when their familiar lives disappeared along with their parent's last breath. The writers were then presented with intimate questions pertaining to their loss, and their responses are compiled within the individual chapters.*

*Morning Glory Memory Keeper: A Record of Your Daily Routines and Life Stories*, Della Goldsworth

*This book is the first of its kind, and a vital tool for maintaining your dignity, happiness, and comfort. This is a workbook for you to fill out personally or for your loved one. It can be used in case of dementia, stroke, ALS, or any disease or accident that results in limited or no communication with caregivers. It holds your daily routines: how you like to get up in the morning, how you take your coffee, what you like to eat, what you like to do. The Memory Keeper also guides you through recording your favorite memories of your childhood, adulthood, and family.*

*Living in the Storm: A Dance through Alzheimer's*, Sara Littlejohn

*In this heartrending but ultimately inspirational memoir about caring for a loved one with Alzheimer's, Sara Littlejohn offers an authentic, unflinching look at what life means as a family member and caregiver for someone affected by this disease.*

*The Space Between: A Memoir of Mother-Daughter Love at the End of Life*, Virginia A. Simpson

*In a quest to provide her mother with the best care possible, Virginia arranges for Ruth to move in with her—and for the next six years, she cares for her, juggling her mother's doctor's appointments, meals, medication schedules, transportation needs, and often cranky moods with her own busy schedule. Touching and vividly human, *The Space Between* reminds us all that without accepting the inevitability of death and looking ahead to it with clarity, life cannot be fully lived.*

*Unexpected Gifts: My Journey with My Father's Dementia*, Eve Solding

*In a matter of days, Eve Solding's life and family changed utterly: Her beloved father was diagnosed with dementia. The challenges are those every adult child faced with caring for an aging parent will recognize: How do I see to his needs? How do I protect him? How do I explain to others? But her insight and experience also bring a fresh, hopeful perspective. Discover with Eve and her family how they not only coped with practical challenges, but transformed heartbreaking years into a time of laughter, growth, and love—unexpected gifts that will enrich the lives of all families who walk this path.*



## **OTHER HELPFUL BOOKS**

*Nam Vet: Making Peace with Your Past*, Chuck Dean

Although the Vietnam War officially ended in 1975, it still rages in the lives of thousands of Veterans and their families. Why do so many veterans suffer from flashbacks, depression, fits of rage, nightmares, emotional numbing, substance abuse, and helplessness? Author and Vietnam Veteran Chuck Dean endured years of agony and has some answers through those trials. In "Nam Vet", Chuck explains what causes these symptoms and gives guidance on how to break free from self-destructive behaviors.

*Retelling the Stories of Our Lives: Everyday Narrative Therapy to Draw Inspiration and Transform Experience*, David Denborough

Learning how to re-envision the stories we tell about ourselves can make an enormous difference in the ways we live our lives. Drawing on wisdoms from the field of narrative therapy, this book is designed to help people rewrite and retell the stories of their lives. The book invites readers to take a new look at their own stories and to find significance in events often neglected, to find sparkling actions that are often discounted, and to find solutions to problems and predicaments in unexpected places.

*Man's Search for Meaning*, Viktor E. Frankl

Based on his own experience of surviving Nazi concentration camps and the experiences of others he treated later in his practice, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose.

*The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*, Bessel Van Der Kolk

An astonishing amount of information on almost every aspect of trauma experience, research, interventions, and theories is brought together in this book, which . . . has a distinctly holistic feel to it. The title suggests that what will be explored is how the body retains the imprints of trauma. However, it delivers much more than this, delving into how the brain is impacted by overwhelming traumatic events, and is studded with sections on neuroscience which draw on the author's own numerous studies as well as that of his peers.

*The Places That Scare You: A Guide to Fearlessness in Difficult Times*, Pema Chodron

We can let the circumstances of our lives harden us and make us increasingly resentful and afraid, or we can let them soften us and make us kinder. Here Pema provides the tools to deal with the problems and difficulties that life throws our way. This wisdom is always available to us, she teaches, but we usually block it with habitual patterns rooted in fear. Beyond that fear lies a state of openheartedness and tenderness. This book teaches us how to awaken our basic goodness and connect with others, to accept ourselves and others complete with faults and imperfections, and to stay in the present moment by seeing through the strategies of ego that cause us to resist life as it is.