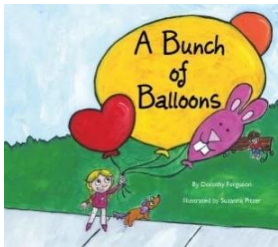


# On Grief & Grieving

## For Young Children (Ages 4-8)



**A Bunch of Balloons**  
Dorothy Ferguson (Ages 4-8), 16 pgs.

A book that helps grieving children acknowledge what they have lost and celebrate what they still have left when someone they love has died.



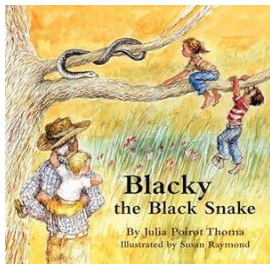
**Always and Forever**  
Alan Durant (Ages 3-7), 22 pgs.

Otter, Mole, Fox, and Hare share a house in the woods. When Fox dies, the other three struggle with their grief. By remembering the love, wisdom, and support he showed them and the funny things he used to do, they are able to create a memorial for him. As they sit in the garden they made in honor of him, they realize that Fox is with them "always and forever" in their memories and in their laughter.



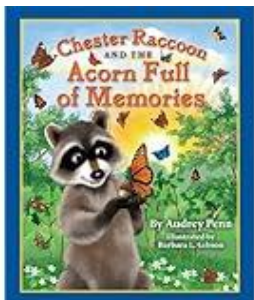
**After the Funeral**  
Jane Loretta Winsch (Ages 4-8), 30 pgs.

Discusses the various feelings accompanying the death of a loved one, including sadness, grief, and the fear of death itself.



**Blacky the Black Snake**  
Julia Poirot Thoma (Ages 4-8), 21 pgs.

A gently-told family tale of Grandpa & Grandma - and Blacky the Black Snake - as they face the cycles of life on the prairie farm together. Blacky is a well-loved fixture on the farm, but not everyone understands this. Grandma and Grandpa's simple wisdom on life, death and farm life inspire their family and others. Touches on natural aging and death in a gentle, positive way as well as a respect for animals and snakes, and an ecology of renewal. Good for helping children understand death, bereavement and acceptance.



**Chester Raccoon And the Acorn Full of Memories**  
Audrey Penn (Ages 4-8)



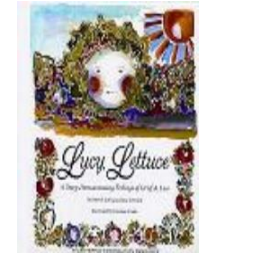
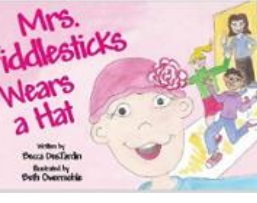

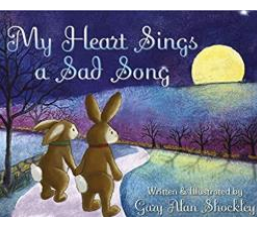
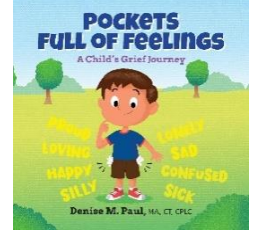
When Chester returns home from school, he tells his mother that the teacher said Skiddil Squirrel had an accident and would not be coming back. Mrs. Raccoon explains that his classmate's "heart quit beating and his body didn't work any more." She comforts her sad child by suggesting that he "make a memory of Skiddil Squirrel." The two start out for the squirrel's favorite place, and other animal friends join them. At the butterfly pond, Chester tells stories about how Skiddil loved butterflies and how he buried acorns for winter, but never found them. Simple, direct dialogue demonstrates the love between this mother and child.

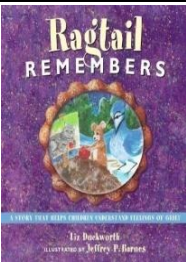








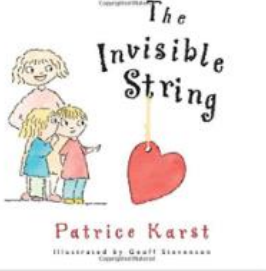



**Goodbye Forever** Jim Boulden (Ages 4-8), 16 pgs.

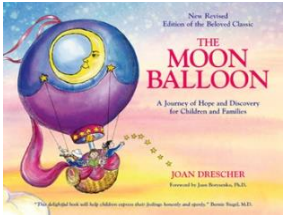

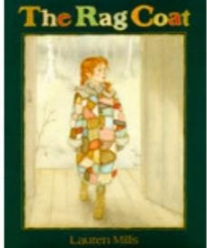
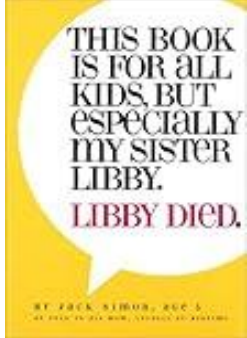
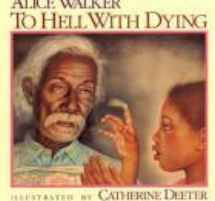
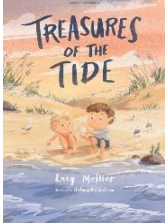
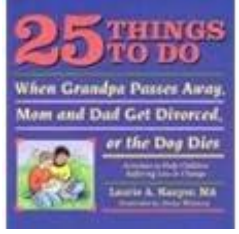
Buddy and his dog, Ruffy, help children understand the concept of death as a natural process. Issues include how death is different from sleep, saying good-bye, burial, and accepting the feelings of anger, sadness and guilt. Extensive illustrations invite coloring and discussion.

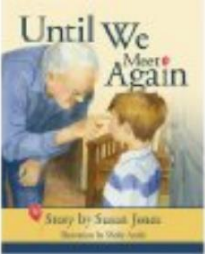
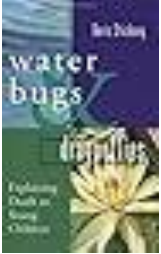


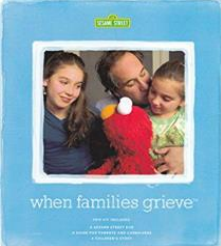
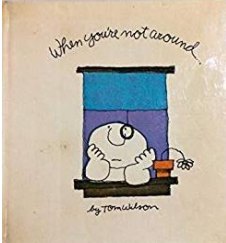
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|     | <p><b>Goodbye Geese</b><br/>Nancy White Carlstrom<br/>(Ages 4-8)</p>   | <p>In answer to his child's questions, a father describes the season of winter in lively and wondrous terms, conjuring up an image of winter as a woman. "Does winter have fingers? Yes, her frosty grip will tire the flowers." "Does winter have feet? Yes, sometimes at night winter dances on top of the roof." As the two stand together beneath a starlit sky, wild geese fly overhead, a symbol of the departing autumn, and the intensity of this magical moment shared between them is tangible.</p>   |
|     | <p><b>Goodnight, Daddy</b><br/>Angela Seward<br/>(Ages 2-8), 48 pgs.</p>   | <p>This is a realistic portrayal of a little girl's love for her absent father and her disappointment at being "stood up" by him. Phoebe can hardly contain her excitement as she anticipates the visit that she's been wanting for more than two years. When once again her father cancels his visit because "something came up," Phoebe struggles with her disappointment. Her mother helps her realize that she can cope with being disappointed by someone she loves and move ahead with her life.</p>  |
|     | <p><b>Grandfather Hurant Lives Forever</b><br/>Susanna Pitzer<br/>(Ages 4-8)</p>   | <p>Grigor watches grandfather mend his rug and listens to stories of his old country, Armenia. Grandfather helps Grigor make his own rug. Grandfather and Grigor are rug makers together! Grigor has a lot of feelings after Grandfather dies, but he continues to work on his rug as grandfather taught him.</p>   |
|    | <p><b>I Miss You: A First Look at Death</b><br/>Pat Thomas (Ages 4-8), 32 pgs.</p>   | <p>When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them.</p> |
|   | <p><b>Jessica and the Wolf</b><br/>Ted Lobby<br/>(Ages 4-8)</p>  | <p>The bad dreams that all children have can usually be comforted with a hug or a lullaby. But sometimes nightmares persist, and a more serious response may be needed. Jessica and the Wolf tells the story of a young girl who dreams nightly of being chased by a sleek, black wolf. She tells her parents and together they devise a plan. Armed with her parents' support, her faithful teddy bear, and her own inner strength, Jessica succeeds in vanquishing the wolf.</p>  |
|  | <p><b>Jungle Journey: Grieving &amp; Remembering Eleanor the Elephant</b><br/>Barbara Betker<br/>McIntyre<br/>(Ages 4-8)</p> | <p>This beautifully illustrated book by McIntyre and Henderson serves as a guidebook for parents and children alike who are struggling with the trauma of loss. Best read together, the book provides a trail map for parents and children who may be struggling to understanding the progression of feelings associated with loss of a friend or loved one.</p>  |

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|     | <p><b>Lifetimes</b><br/>Bryan Mellonie<br/>(School Age), 35 pgs</p>  | <p>This book talks about the cycle of life and death of all living things. It shows us how dying is as much a part of living as being born.</p> <p>“Nothing that is alive goes on living for ever. How long it lives depends upon what it is and what happens while it is living.”</p>   |
|    | <p><b>Lola's Little Legs</b><br/>Kelly Delahanty<br/>(Ages 4-8)</p>  | <p>Follow the loving little corgi, Lola, on her journey as she gets adopted and finds her new home. Then, the unexpected happens and she must adjust to a new life without her favorite human. This book was created with the intent to help children understand and cope with their emotions around loss and sadness.</p>   |
|    | <p><b>Lucy Lettuce</b><br/>Patrick Loring/Joy Johnson<br/>(Ages 4-8)</p>                                   | <p>A head of lettuce serves to demonstrate what grief feels like. Through being tossed and tumbled, she learns that the lid of sorrow will lift and she can go out and nourish others. Children of all ages will learn about grief and loss by Lucy's example. Complete demonstration guide is included. Good presentation for groups of kids or adults.</p>   |
|   | <p><b>Mrs. Fiddlesticks Wears a Hat</b><br/>Becca DesJardin<br/>(Ages 4-8)</p>                             | <p>Excellent book to help students understand the physical affects of cancer treatment. It has a light and hopeful tone that comes through in the rhyming and illustrations.</p>   |
|  | <p><b>Muddles, Puddles &amp; Sunshine</b><br/>Winston's Wish<br/>(Ages 4-8), 32 pgs.</p>                   | <p>Practical and sensitive support for bereaved children. Accompanied by the friendly characters of Bee and Bear, this book offers children a structure and outlet for the many difficult feelings that inevitably follow when a close friend or family member dies. A series of exercises and activities reflect on the different aspects of grief to help children make sense of their experience and find the balance between remembering and having fun.</p> |
|  | <p><b>My Heart Sings a Sad Song</b><br/>Gary Alan Shockley<br/>(Ages 5-12), 34 pgs.</p>                    | <p>A beautifully written and illustrated book to support grieving children and those who care for them. The message of the book reflects the very best practices of holding space for others in their sorrow. Adults as well as children are finding great comfort in this book. It has received endorsements from leaders and practioners in a variety of fields.</p>   |
|  | <p><b>Pockets Full of Feelings: A Child's Grief Journey</b><br/>Denise M. Paul<br/>(Ages 4-8), 36 pgs.</p> | <p>After his dad's death, Jake has a lot of feelings. But he isn't so sure about some of them. Designed to help children understand that having mixed emotions is not only ok, it's also completely natural, Pockets Full of Feelings is a supportive guide for helping children sort through their complex feelings after the loss of a loved one.</p>  |

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|     | <p><b>Ragtail Remembers</b><br/>Liz Duckworth<br/>(Ages 4-8)</p>  | <p>A story that helps children understand feelings of grief. Ragtail, a young mouse, has just lost his best friend. As he tries to understand what has happened, Ragtail is swept away by confusing feelings of denial, anger, and sadness. With the help of a new friend, he learns to deal with his feelings and soon discovers the comfort that comes from remembering.</p> |
|    | <p><b>Sad Isn't Bad</b><br/>Michaelene Mundy<br/>(Ages 4-8), 64 pgs.</p>  | <p>Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss-- that the world is still safe; life is good; and hurting hearts do mend. Written by a school counselor, this book helps comfort children facing of the worst and hardest kind of reality.</p>                                   |
|    | <p><b>Samantha Jane's Missing Smile: A Story About Coping with the Loss of a Parent</b><br/>Julie Kaplow<br/>(Ages 4-8), 25 pgs.</p>            | <p>With the help of her neighbor Mrs. Cooper, Samantha Jane is able to talk about how sad she is since her father died, and then she begins to feel better.</p>  |
|    | <p><b>Saying Goodbye</b><br/>Jim Boulden<br/>(Ages 5-12)</p>  | <p>This award winning book is widely used by hospices, schools, hospitals and mortuaries as well as by parents and therapists. It is a gentle, non-threatening presentation of death with a healing discussion of emotional issues.</p>  |
|  | <p><b>Someone I Love Died from a Drug Overdose</b><br/>Melody Ray<br/>(Ages 4-12), 24 pgs.</p>  | <p>Accidental substance overdoses continue to rise across our country, leaving families at a loss as to how to tell and assist the children that are grieving. This story is an excellent tool for parents and caregivers. Includes a workbook, definitions, some facts and a note to the adult reading the story.</p>   |
|  | <p><b>Talk, Listen, Connect: Helping Families During Deployment, Homecomings, and Change</b><br/>Sesame Street<br/>(Ages 4-8), DVD included</p> | <p>A great tool for helping little ones understand the separation process families encounter when one of the parents is absent for an extended period of time.</p>   |
|  | <p><b>The Christmas Cactus</b><br/>Elizabeth Wrenn<br/>(Ages 4-8)</p>   | <p>Megan doesn't want to hear that her Nana is dying. She picks up one of Nana's plants and tries to bring it back to health. The Christmas Season just isn't the same - all the colors of the season seem to be gone. But after Nana dies, Megan gets a very special present.</p>   |
|  | <p><b>The Fall of Freddie the Leaf</b><br/>Leo Buscaglia, PhD.<br/>(Ages 4-8), 30 pgs.</p>  | <p>How Freddie and his companion leaves change with the passing seasons, finally falling to the ground with a winter's snow, is an inspiring allegory illustrating the delicate balance between life and death.</p>  |

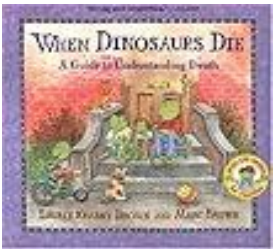
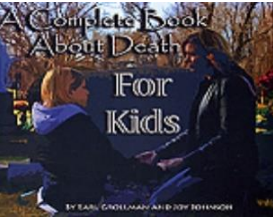
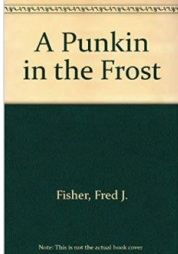
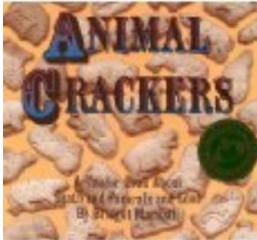
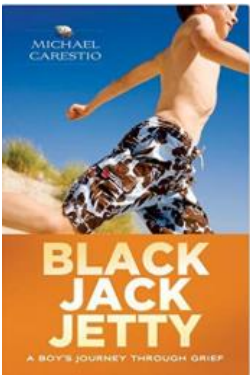

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|     | <p><b>The Garden Angel</b><br/>Jan Czech<br/>(Ages 4-8)</p>                  | <p>After the death of her grandfather Camillia decides to plant the garden she used to plant with her grandfather. She dresses the scarecrow in grandfathers old clothes and makes the best garden ever!</p>  |
|     | <p><b>The Goodbye Book</b><br/>Todd Parr<br/>(Ages 2-3), 32 pgs.</p>         | <p>Through the lens of a pet fish who has lost his companion, Todd Parr tells a moving and wholly accessible story about saying goodbye. Touching upon the host of emotions children experience, Todd reminds readers that it's okay not to know all the answers, and that someone will always be there to support them.</p>  |
|     | <p><b>The Invisible String</b><br/>Patrice Karst<br/>(Ages 4-8), 36 pgs.</p> | <p>A story that teaches of the tie that really binds. The Invisible String reaches from heart to heart. Does everybody have an Invisible String? How far does it reach, anyway? Does it ever go away? Read all about it! THE INVISIBLE STRING is a very simple approach to overcoming the fear of loneliness or separation with an imaginative flair that children can easily identify with and remember. Here is a warm and delightful lesson teaching young and old that we aren't ever really alone and reminding children (and adults!) that when we are loved beyond anything we can imagine.</p>                      |
|   | <p><b>The Little Stream</b><br/>Barry Ellsworth<br/>(Ages 4-8)</p>           | <p>As the words of this full-color book flow gently across readers' minds and into their heart, their soul will be lifted--for the message it carries is one of hope and renewal. The inspiration for the tale is the tale itself. It involves a beautiful song taught to a child, a vision quest in the red deserts of the Great Basin, and the sweat lodges of the Oglala Sioux in the dense, deciduous forests of Missouri.</p>  |
|  | <p><b>The Magic Box</b><br/>Marty Sederman<br/>(Ages 4-8), 32 pgs.</p>       | <p>Casey's dad has to go away for a couple of days-AGAIN! Casey hates it that his father has to travel so often. But this time Dad leaves a special gift that will help Casey cope with his absence and future trips as well. This upbeat and delightfully illustrated book contains many valuable tips for families in which a parent is frequently away from home. Also contains a Note to Parents.</p>   |
|   | <p><b>The Memory String</b><br/>Eve Bunting<br/>(Ages 4-8), 40 pgs.</p>      | <p>Resentful of her new stepmother, Laura clings to a family heirloom, a "memory string" of buttons taken from special garments. As her father and her stepmother, Jane, paint the porch, Laura sits apart and fingers each button, loudly telling her cat about her great-grandmother's first "grown-up dress," her father's Gulf War service uniform and, last, the nightgown her mother was wearing when she died. Bunting's (Smoky Night) prose is as sure-footed as ever, but is much encumbered here by a contrived plot that has Laura losing the buttons and the family coming together in the search for them.</p> |

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|     | <p><b>The Moon Balloon</b><br/>Joan Drescher<br/>(Ages 4-8)</p>   | <p>"The Moon Balloon", a journey of hope and discovery for children and families is a colorfully illustrated picture book and interactive journal with a delightful story about seven hot-air balloons. It has a forward by Joan Borysenko, Ph.D. This book provides a safe, supportive outlet to help you and your children cope with the problems of everyday living as well as life changing experiences. Playful hot-air balloons, representing various emotions, offer vehicles whereby children can write and draw feelings which can otherwise be difficult to speak about. Sharing these symbols can improve self-image, trust, and creativity.</p>  |
|     | <p><b>The Next Place</b><br/>Warren Hanson<br/>(Ages 4-8), 36 pgs.</p>  | <p>An inspirational journey of light and hope to a place where earthly hurts are left behind.</p>  |
|    | <p><b>The Rag Coat</b><br/>Lauren A. Mills<br/>(Ages 4-8), 32 pgs.</p>  | <p>Minna's family can't afford a coat for her, but Papa keeps her warm in winter with a burlap sack and Mama's patchwork quilt; this happy family understands that ``People only need people, and nothing else.'' Soon, Minna loses one of those people: Papa, a coal miner, gets the lung sickness and dies, after urging eight- year-old Minna to start school.</p>  |
|   | <p><b>This Book is for All Kids, But Especially My Sister Libby. Libby Died.</b><br/>Jack Simon, Age 5<br/>(Ages 4-9)</p> | <p>Jack Simon was five years old when his sister, Libby, died. She'd been born with a rare disorder and wasn't expected to survive six months. But she lived three and a half years, giving Jack plenty of time to get to know her. When she died, Jack struggled to understand how God could take away his little sister. Everyone experiences grief, but children express it differently. Afraid to ask questions that might make someone sadder, children often keep their sorrow locked inside. Jack's mom, Annette, encouraged her son to talk about his pain, and she insightfully began a diary. Jack's questions eventually became the picture book This Book Is for All Kids, but Especially My Sister Libby. Libby Died.</p> |
|  | <p><b>To Hell With Dying</b><br/>Alice Walker<br/>(Ages 5-9), 32 pgs.</p>   | <p>For a happy few of us there is the good fortune of having had a Mr. Sweet in our childhood. Someone who erases the boundaries between children and adults, whose praise makes us strong--and whose love teaches us what love really is. The luminous full-color paintings are alive with the tender joy of the story.</p>   |
|  | <p><b>Treasures of the Tide</b><br/>Nathaniel Eckstrom<br/>(Children), 38 pgs.</p>  | <p>Every Sunday, Gus's grandfather takes him and his little sister to the beach to search for seashells. It's a tradition they shared with Gus's father before he passed away. As Gus discovers one exquisite shell after another, he marvels at their uniqueness and wonders what treasures his father is finding on the long beaches of heaven.</p>  |
|  | <p><b>25 Things to Do: When Grandpa Passes Away, Mom &amp; Dad Get Divorced, or the Dog Dies</b><br/>Laurie A. Kanyer</p> | <p>This book combines a description of the grieving process with directions for activities that help bereaved children. Kanyer explains the value of each activity so parents and caregivers can select appropriate projects based on the child's age, loss and stage in the grieving process. She also discusses how learning about grief prepares children for new relationships and to accept losses later in life.</p>   |

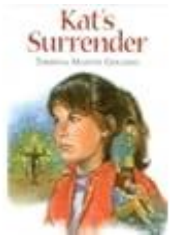
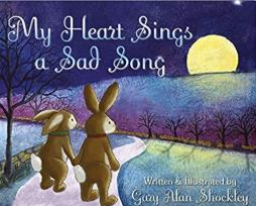
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|     | <p><b>Until We Meet Again</b><br/>Susan Jones<br/>(Ages 4-8), 64 pgs.</p>             | <p>Treasured memories... come from ordinary moments. Between one winsome grandfather and one lucky little boy are keepsakes of the heart... memories made by the two of them for all time. Most are simple. Checkers and hot chocolate. Hugs and silly songs. A special wink that means we re in this together. But their time together is coming to an end. With insight and tenderness, author Susan Jones tells the story of what comes next for a little boy who discovers memory-making is a language of love that can be whispered across the years.</p>                 |
|    | <p><b>Waterbugs &amp; Dragonflies</b><br/>Doris Stickney<br/>(Ages 4-8)</p>           | <p>Waterbugs and Dragonflies is a graceful fable written by Doris Stickney who sought a meaningful way to explain to neighborhood children the death of a five-year-old friend. The small book is beautifully illustrated by artist Gloria Ortiz Hernandez.</p>  |
|    | <p><b>What is Death?</b><br/>Eran Boritzer<br/>(Ages 4-8), 40 pgs.</p>                | <p>WHAT IS DEATH? addresses children's natural curiosity about this difficult subject. Introducing the concept of death with examples of customs and beliefs from different religions and cultures, the book also allows the reader to reflect on themes of tolerance, identity and generosity. Reality-based and using a gentle and comforting tone, WHAT IS DEATH? takes an honest approach and encourages children to embrace the positive in life. In its 7th edition, this book has become a standard part of many grief and loss counselor's professional resources.</p> |
|   | <p><b>What is Heaven?</b><br/>Maria Shriver<br/>(Ages 4-8)</p>                        | <p>This treasure of a book, for people of all faiths, is a starting point for parents who must talk about the difficult topic of death with their children.</p>  |
|  | <p><b>When Families Grieve</b><br/>Sesame Street<br/>(Ages 4-8), DVD<br/>Included</p> | <p>The feature DVD, book and activities featuring Jessie, Elmo's Cousin is helpful for young children dealing with loss but the Special Features is a documentary sharing the story of 4 families dealing with parental death and is quintessential for older kids and any parent trying to help their children cope.</p>  |
|  | <p><b>When You're Not Around</b><br/>Tom Wilson<br/>(Ages 4-8)</p>                    | <p>This amusing Ziggy mini-book was published by American Greeting in 1968. It was designed to be more than a greeting card, but less than a typical book of cartoons.</p>   |


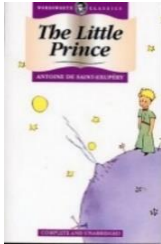

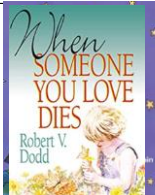
## On Grief & Grieving

For Children (Ages 9-12)

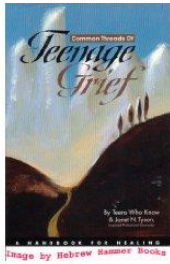
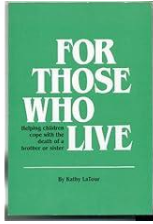
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|      | <p><b>When Dinosaurs Die</b><br/>L. Krasny Brown &amp; M. Brown<br/>(Ages 4-8), 32 pgs.</p>            | <p>Unlike many books on death for little ones, this one doesn't tell a story. Instead, it addresses children's fears and curiosity head-on, and in a largely secular fashion, by answering some very basic questions: "Why does someone die?" "What does dead mean?" "What comes after death?" Other questions deal with emotions, and there's a section about death customs.</p>  |
|     | <p><b>A Complete Book About Death for Kids</b><br/>Earl Grollman &amp; Joy Johnson<br/>(Ages 9-12)</p> | <p>The first part includes information about death, dying and the feelings you have when someone you love dies. The second section includes information about burial and cremation. The third section talks about the funeral and cemetery. Beautiful photos show the child what they will really see and answers the most commonly asked questions.</p>   |
|    | <p><b>A Punkin in the Frost</b><br/>Fred J. Fisher<br/>(Ages 9-12), 92 pgs.</p>                        | <p>Eddie Angler and Diane Rose were ten-year-olds who planned to grow up together and grow old together. Then Diane died in an accident, and Eddie was left to say goodbye to her. Eddie discovers an insight he wants to share with everybody who has suffered the loss of a loved one, an uplifting and triumphant message for the human spirit.</p>   |
|   | <p><b>Animal Crackers: A Tender Book About Death</b><br/>Bridget Marshall<br/>(Ages 9-12), 10 pgs.</p> | <p>A tender book about death, funerals and love. This book explores aging, memory loss and a special kind of love when a young child's Nanny must go to a nursing home and later dies. They all remember Nanny's Animal Crackers!</p>  |
|   | <p><b>Black Jack Jetty</b><br/>Michael A. Carestio<br/>(Ages 8-13), 64 pgs.</p>                        | <p>Learning Magazine Teachers' Choice Award for the Family<br/>Ever since his soldier father is killed in Afghanistan, Jack has been frightened. He has nightmares. He doesn't see his friends as often. He worries. He worries all the time. So when his mother suggests traveling across the country to the Jersey Shore for the summer, his fears escalate. But Jack is about to experience the magic and mystery of Black Jack Jetty. Join Jack and the treasure-hunting cousins as he discovers the healing powers of family. Learn how the Atlantic shore, with its crashing waves, ragged rocks, and sandy beaches, helps Jack to cope with his father's death and to celebrate life.</p> |
|  | <p><b>Danny's Dragon</b><br/>Janet Muirhead Hill<br/>(Ages 9-13+), 190 pgs.</p>                        | <p>When a Montana rancher is called to serve his country—and doesn't come back—how will his family cope? See the answer through the eyes of 10-year-old Danny Branahan.<br/>Danny's father went to war in Iraq and was killed in action. Danny struggles with the various stages of grief as he remembers good times with his father. With his vivid imagination, he turns Dragon, the horse his father gave him, into a means of escaping the reality he cannot accept. To add to his grief, financial problems caused by his father's death force Danny, his mother, and sister to leave their Montana ranch</p>   |

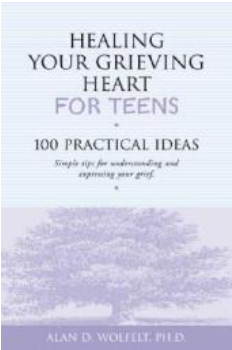
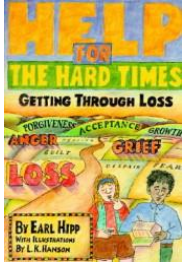
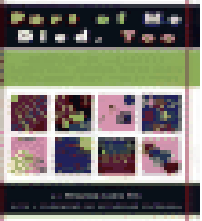

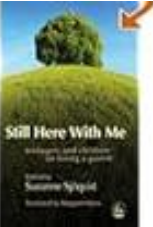
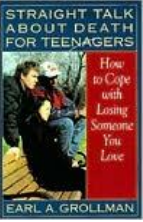
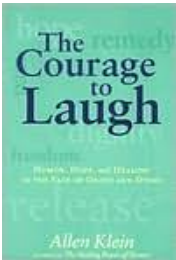


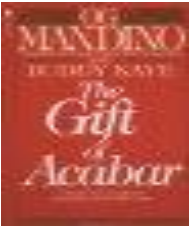
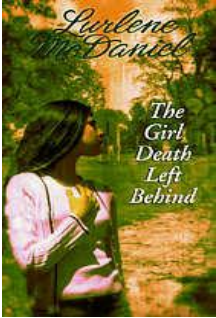

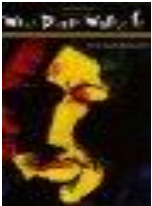
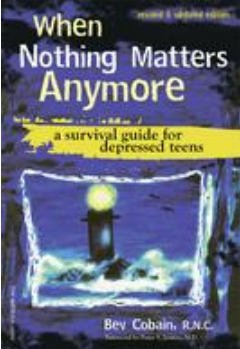
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|     | <p><b>I Wonder What You Do on Your First Day in Heaven</b><br/>Phoebe Welshe<br/>(Ages 9-12)</p> | <p>Children's hardcover picture book. A thoughtfully written and illustrated book that offers consolation and hope to anyone who has experienced the loss of a loved one.</p>   |
|    | <p><b>Kat's Surrender</b><br/>Theresa Martin Golding<br/>(Ages 9-13)</p>                         | <p>Kat, 13, whose mother died of cancer, has withdrawn from the world. As she tries to ignore her old friends, she makes a new one in the General, an elderly man who feeds pigeons and lives in a fantasy.</p>   |
|    | <p><b>Missing May</b><br/>Cynthia Rylant<br/>(Ages 9-12), 112 pgs.</p>                           | <p>When May dies suddenly while gardening, Summer assumes she'll never see her beloved aunt again. But then Summer's Uncle Ob claims that May is on her way back--she has sent a sign from the spirit world. Summer isn't sure she believes in the spirit world, but her quirky classmate Cletus Underwood--who befriends Ob during his time of mourning--does.</p>   |
|   | <p><b>My Heart Sings a Sad Song</b><br/>Gary Alan Shockley<br/>(Ages 5-12), 34 pgs.</p>          | <p>A beautifully written and illustrated book to support grieving children and those who care for them. The message of the book reflects the very best practices of holding space for others in their sorrow. Adults as well as children are finding great comfort in this book. It has received endorsements from leaders and practioners in a variety of fields.</p>  |
|  | <p><b>Shooting Stardust</b><br/>Frreich Lewandowski<br/>(Ages 9-12), 20 pgs.</p>                 | <p>A touching story, for both children and parents who have lost a loved one. It does not explain death; it consoles those left behind. It is the story of a young boy who loses his brother and finds that their relationship transcends death itself. Shooting Stardust is told with insight, tenderness, and compassion. It is an important resource to help children and parents who are suffering a loss to bridge that awful disparity between the way things are and the way things ought to be.</p> |
|  | <p><b>Someone I Love Died from a Drug Overdose</b><br/>Melody Ray<br/>(Ages 4-12), 24 pgs.</p>   | <p>Accidental substance overdoses continue to rise across our country, leaving families at a loss as to how to tell and assist the children that are grieving. This story is an excellent tool for parents and caregivers. Includes a workbook, definitions, some facts and a note to the adult reading the story.</p>  |
|  | <p><b>Tear Soup</b><br/>Pat Schwiebert &amp; Chuck Deklyen<br/>(Ages 9-12), 56 pgs.</p>          | <p>The illustrations of this book are beautiful and poignant. The amazing text creates a story that allows any reader to readily identify with the everyday scenerios that happen to the character who has experienced a loss, including well meaning friends and family.</p>   |

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|    | <p><b>The Kids Book of Questions</b><br/>Gregory Stock<br/>(Ages 9-12)</p>           | <p>Ask your best friend. Ask your teacher. Ask your mom and dad. Most of all, ask yourself. THE KIDS' BOOK OF QUESTIONS makes it easy to ask hard questions and fun to answer them: questions about right and wrong, about why parents act the way they do, about what you'd do for money, even about ruling the world. Discover how you really feel, let people know what you think, or raise an issue you've always wanted to discuss-you'll be amazed to find how far one little question can lead you.</p> |
|   | <p><b>The Little Prince</b><br/>Antonie Saint-Exupery<br/>(Ages 9-12), 92 pgs.</p>   | <p>The Little Prince describes his journey from planet to planet, each tiny world populated by a single adult. This book is great for young people and adults in a fantasy story of a young boy on an incredible journey. But along the way it is constantly looking at beliefs and lessons.</p>   |
|   | <p><b>The Snowman</b><br/>Robin Helene Vogel<br/>(Ages 9-12)</p>                     | <p>The Snowman was the first Tommy and Buddy built since Dad died. They had Dad's old pipe. they found his favorite scarf. His hat was ready and so were the big buttons for the eyes. And the two brothers were ready, too-- ready to talk about how Dad died and what his death meant to them. Tommy and Buddy talk about feelings real to all of us. Then, as the snowman is finished and they head inside, Buddy experiences a trick from the light of the moon.</p>                                       |
|  | <p><b>When Someone You Love Dies</b><br/>Robert V. Dodd<br/>(Ages 9-12), 17 pgs.</p> | <p>Written as a resource for children, the text includes an introduction for parents/guardians, but the body of the book is written for children to read themselves. Or, an adult or older sibling can read the book to a younger child.</p>   |

## On Grief & Grieving

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| <p>For Teens (Ages 13-18+)</p>  |   |   |
|  | <p><b>Common Threads of Teenage Grief</b><br/>Janet Tyson<br/>(Teens), 111 pgs.</p>   | <p>By Teens who know and Janet Tyson. Written by a middle school counselor and nine teens, it is for teens, families and friends. Discusses struggles with grief, how they overcame it, and common questions teenagers ask.</p> |
|  | <p><b>For Those Who Live: Helping Children Cope with the Death of a Brother or Sister</b><br/>Kathy Latour<br/>(Teens/Adults)</p> | <p>Kathy LaTour explores and suggests effective and constructive ways of dealing with the loss of a brother or sister through death.</p>  |

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|     | <p><b>Healing Your Grieving Heart for Teens</b><br/>Alan D. Wolfelt<br/>(Teens)</p>  | <p>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, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies.</p>  |
|    | <p><b>Help for the Hard Times</b><br/>Earl Hipp<br/>(Teens/Young Adults),<br/>120 pgs.</p>   | <p>Hipp presents a guide that helps teens understand how they experience grief and loss, how our culture in general doesn't often acknowledge their losses or give them tools to grieve, and how they can keep their loss from overflowing. Illustrations.</p>  |
|    | <p><b>Part of Me Died Too: Stories of Creative Survival</b><br/>Virginia L. Fry<br/>(Teens)</p>  | <p>A moving and eloquent chronicle of eleven children, ranging from toddlers to teenagers, who have lost family or friends shows how drawing, music, and other rituals can help the grieving process, offering creative strategies for dealing with loss.</p>   |
|   | <p><b>Saying Goodbye When You Don't Want To: Teens Dealing with Loss</b><br/>Martha Bolton<br/>(Teens), 219 pgs.</p>                     | <p>Teens will find encouragement and hope in these stories by peers who share about their pain from deaths of their parents, siblings and friends, runaways and suicides; divorces and broken relationships; losses and failures and many other causes of grief.</p>  |
|  | <p><b>Still Here With Me</b><br/>Suzanne Sjoqvist<br/>(Teens- Adults), 189 pgs.</p>  | <p>Making sense of the loss of a close loved one is difficult especially for children suffering the loss whether or not expected of a parent. Kids grieve similarly regardless of method of death and that the key is to be supportive and provide a means of expression of their grief. Even children in rough circumstances recuperated and adapted with appropriate support.</p>   |
|  | <p><b>Straight Talk About Death for Teenagers</b><br/>Earl A. Grollman<br/>(Young Adult), 146 pgs.</p>                                   | <p>With brief entries such as "Accidental Death," "Self-Inflicted Death," "Talking," "Crying," and "Going Nuts," Grollman offers advice and answers the kinds of questions that teens are likely to ask themselves when grieving the death of someone close.</p>  |
|  | <p><b>The Courage to Laugh: Humor, Hope, and Healing in the Face of Death &amp; Dying</b><br/>Ann Klein<br/>(Young Adults), 240 pgs.</p> | <p>Calling himself a "jollytologist," the author, who lectures and leads seminars on humor, enlarges on this earlier theme by presenting a welcome compilation of many personal stories culled from his research into death and dying. These show the important role of laughter as well as tears in the grieving process. Although Klein stresses that humor should not be used to cover up grief, he believes that, for the patient as well as loved ones, appropriate laughter is a refreshing and therapeutic tonic in the face of illness and death.</p> |

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|     | <p><b>The Education of Little Tree</b><br/>Forrest Carter<br/>(Ages 13+), 228 pgs.</p>     | <p>The Education of Little Tree tells of a boy orphaned very young, who is adopted by his Cherokee grandmother and half-Cherokee grandfather in the Appalachian mountains of Tennessee during the Great Depression. Little Tree" as his grandparents call him is shown how to hunt and survive in the mountains, to respect nature in the Cherokee Way, taking only what is needed, leaving the rest for nature to run its course.</p>   |
|    | <p><b>The Gift of Acabar</b><br/>Og Mandino<br/>(Ages 13+), 128 pgs.</p>                   | <p>This is a beautiful story for those needing to discover their true "purpose" in life; Do you feel that the world is a large merry-go-round and you want to "jump off"? Read this story - It really helps you understand about giving before receiving. After reading 'The Gift of Acabar' you'll want to get all of Og Mandino's books. They are so inspirational, witty and nice. This is definitely one of those books you should read at least once a year - just to keep yourself "humble".</p>   |
|    | <p><b>The Girl Death Left Behind</b><br/>Lurlene McDaniel<br/>(Teens), 192 pgs.</p>        | <p>Fourteen-year-old Beth must face adult-sized dilemmas when a car accident claims the lives of her immediate family. Within a few hours, she faces a new family, new house, and a new school. Living with her spoiled cousin only adds to her despair. This story charts the efforts of Beth's caring Aunt Camille and Uncle Jack as they help her through the worst time of her life. Always on the brink of tears, Beth finds the strength of character to make new friends and touch the lives of those around her.</p>   |
|  | <p><b>The Last Goodbye II</b><br/>Jim Boulden<br/>(Teens), 32 pgs.</p>                     | <p>This book deals with death in an honest and heartfelt manner and covers the same topics and issues. Since it is written for an older age group, however, it also covers topics of suicide, the danger of withdrawing too much, forgiveness, and the importance of not acting in a destructive manner. The reader is encouraged to undertake activities such as naming friends to be with, describing feelings, listing healthy ways to express feelings, and writing a letter to the loved one who has died. The concluding theme is that death is both an ending and a beginning</p>   |
|  | <p><b>When Death Walks In</b><br/>Mark Scrivani<br/>(Teens), 24 pgs.</p>                   | <p>For teenagers facing death. Helpful and supportive information for facing grief during the teen years. Gives important information about grief and what we can do about anger, sadness and all the emotions that come when death walks in.</p>  |
|  | <p><b>When Nothing Matters Anymore</b><br/>Beverly Cobain<br/>(Ages 7-Teens), 146 pgs.</p> | <p>For teens who feel unhappy, hopeless, or alone, this book is a light in the darkness. First published in 1998, it has become a classic book teens turn to, and teachers and counselors trust. It defines depression, describes the symptoms, and explains that depression is treatable. Personal stories from teens speak directly to readers about feelings, concerns, and experiences. Teens learn how to take care of themselves and how treatment can help. The revised and updated edition includes the latest information on medication, nutrition, and health, current resources, and a Q&amp;A with questions teens have asked the author over the years.</p> |

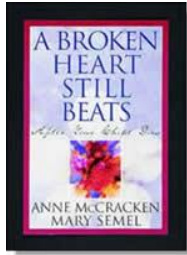


**When Will I Stop Hurting? Teens, Loss & Grief**  
Edward Myers  
(Teens)

When Will I Stop Hurting?: Teens, Loss, and Grief is a self-help guide for teenagers who are struggling with bereavement and the emotional difficulties it presents. This book provides an overview of grief as a painful but normal process, and it offers insights from bereavement experts as well as practical suggestions for coping with loss, including personal accounts from teens.

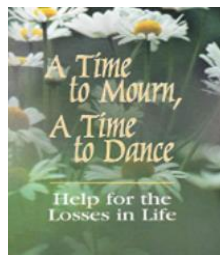
# On Grief & Grieving

## For Adults (Ages 18+)



**A Broken Heart Still Beats**  
Ann McCracken & Mary Semel  
(Adults), 328 pgs.

This book contains literature by Melville, Frost, Shelley, Irving and Shakespeare. Each selection describes bereavement in a different way, lending credence to the editors' belief that no one can claim to understand another person's particular loss or its effects.



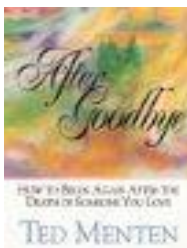
**A Time To Mourn, A Time to Dance**  
Margaret K. Metzger  
(Adults), 72 pgs.

Information, inspiration, and comfort during times of grief due to death of all kinds material loss, physical loss, divorce, job loss, silent losses, and positive losses.



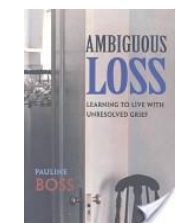
**A Time To Say Goodbye**  
Mary McClure Goulding  
(Adults), 140 pgs.

This book is for anyone who has experienced loss and must learn how to enjoy a rich, full life. The autobiography was written by a psychotherapist dealing with the loss of her husband and it reminds us to treasure those partners who are still living. Declaring that life can be full and rich at any age, this is an intimate description of loss, grief, and recovery.



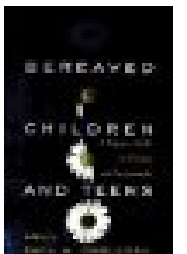
**After Goodbye: How to Begin Again After the Death of Someone You Love**  
Ted Menten  
(Adults), 125 pgs.

This book explains how to begin life again after the death of a loved one. By taking into account the most common elements of the grieving process, this sensitive guide to moving on teaches the bereaved how to work their way through the pain and back to life. With touching personal accounts and honest answers to difficult questions, "After Goodbye" is a valuable resource for easing the pain of loss.



**Ambiguous Loss**  
Pauline Boss  
(Adults), 176 pgs.

A compassionate exploration of the effects of ambiguous loss and how those experiencing it handle this most devastating of losses.

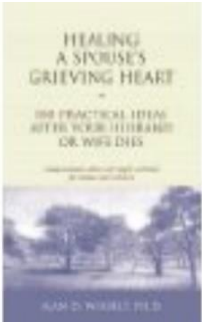
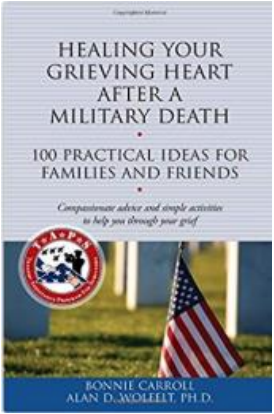


**Bereaved Children & Teens: A Support Guide for Parents & Professionals**  
Earl Grollman  
(Adults), 252 pgs.

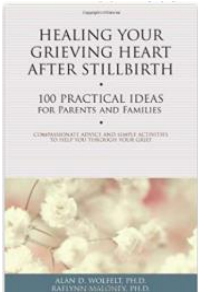
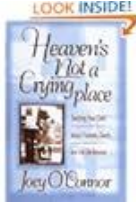
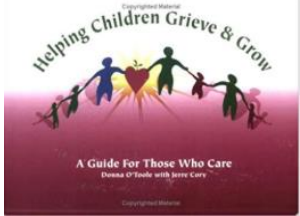
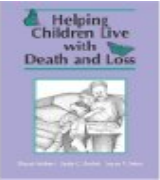
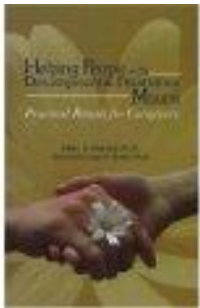
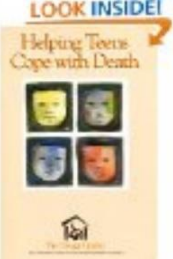
Bringing together fourteen experts from across the United States and Canada, Bereaved Children and Teens is a comprehensive guide to helping children and adolescents cope with the emotional, religious, social, and physical consequences of a loved one's death. The result is an indispensable reference for parents, teachers, counselors, health-care professionals, and clergy.



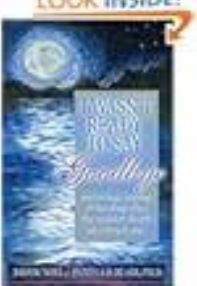
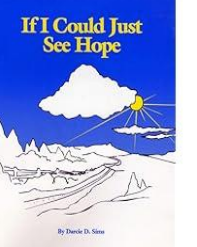


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|     | <p><b>Chicken Soup for the Grieving Soul</b><br/>         Jack Canfield, M. Victor Hansen<br/>         (Adults), 268 pgs.</p>  | <p>This latest entry in the Chicken Soup series is targeted at the newly brokenhearted: those who've recently experienced the death of a beloved friend or family member and are still reeling from the experience. It's a collection of stories by authors who have lost loved ones, and in their stories, they detail the particular death, the aftermath, and how they dealt with their overwhelming grief and found the courage to live again.</p>   |
|    | <p><b>Chicken Soup for the Volunteer's Soul</b><br/>         Jack Canfield, M. Victor Hansen<br/>         (Adults), 400 pgs.</p>   | <p>The stories in Chicken Soup for the Volunteer's Soul highlight the efforts of everyday people in the United States and around the globe who volunteer with the American Red Cross, Big Brothers Big Sisters, Habitat for Humanity, the Peace Corps, Points of Light, Rotary and many, many other nonprofit organizations. Chapters include: The Rewards of Volunteering, Giving Back, Making a Difference, New Appreciation, Love and Kindness, Defining Moments, A Matter of Perspective, Overcoming Obstacles and On Wisdom.</p>  |
|   | <p><b>Companionship the Grieving Child: A Soulful Guide for Caregivers</b><br/>         Alan D. Wolfelt<br/>         (Adults), 176 pgs.</p>  | <p>Providing a viable alternative to the limitations of the medical establishment's model for companionship the bereaved, Wolfelt encourages counselors and other caregivers to aspire to a more compassionate philosophy in which the child is the expert of his or her grief—not the counselor or caregiver. The approach outlined in the book argues against treating grief as an illness to be diagnosed and treated but rather for acknowledging it as an event that forever changes a child's worldview. By promoting careful listening and observation, this guide shows caregivers, family members, teachers, and others how to support grieving children and help them grow into healthy adults.</p>  |
|  | <p><b>Companionship You! A Soulful Guide to Caring for Yourself While You Care for the Dying &amp; the Bereaved</b><br/>         Alan D. Wolfelt<br/>         (Adults), 128 pgs.</p> | <p>Based on Dr. Wolfelt's unique and highly regarded philosophy of "companionship" versus treating mourners, this self-care guide for professional and lay grief caregivers emphasizes the importance of taking good care of oneself as a precursor to taking good care of others. Bereavement care is draining work, and remaining empathetic to the painful struggles of mourners, death, and dying, day in and day out, makes caregivers highly susceptible to burnout. This book demonstrates how caring for oneself first allows one to be a more effective caregiver to others. Through the advice, suggestions, and practices directed specifically to caregiving situations and needs, caregivers will learn not to lose sight of caring for themselves as they care for others.</p> |
|  | <p><b>Cowbells &amp; Courage</b><br/>         Patrick W. Paige<br/>         (Adults- Men), 24 pgs.</p>   | <p>Pat Page's wife died after almost fifty years of marriage. Now he sits and talks with men about everything from dating to cooking to anger, tears and even S-E-X. This is an essential book for all men.</p>  |

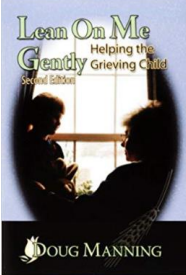

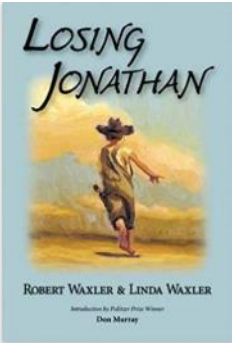
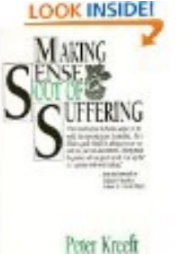
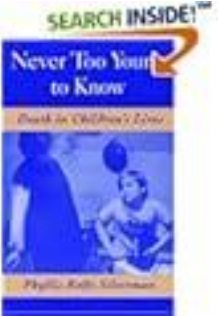
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|     | <p><b>Eight Critical Questions for Mourners</b><br/> Alan D. Wolfelt<br/> (Adults), 176 pgs.</p>  | <p>Confronting the “little griefs” that can occur in the course of a lifetime, this handbook seeks to relieve the inevitable burden of loss. Taking the “wilderness experience” into account—being disconnected from oneself and the outside world—this guide presents 12 vital questions, the answers to which encourage the choice between deciding to live and letting sadness take control. Delving into the possibilities behind integrating sorrow into one’s life, this study is the road map to exploring and honoring the transformational nature of grief.</p>   |
|    | <p><b>Good Grief</b><br/> Granger E. Westberg<br/> (Adults), 80 pgs.</p>  | <p>Good Grief identifies ten stages of grief--shock, emotion, depression, physical distress, panic, guilt, anger, resistance, hope, and acceptance--but, recognizing that grief is complex and deeply personal, defines no "right" way to grieve. Good Grief offers valuable insights on the emotional and physical responses persons may experience during the natural process of grieving.</p>   |
|    | <p><b>Grief Works- Sudden Death</b><br/> Donna Reutz Underwood<br/> (Adults)</p>  | <p>This book helps people cope with sudden/tragic death and allows the reader to work through the different stages of the grieving process.</p>  |
|  | <p><b>Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends &amp; Caregivers</b><br/> Alan D. Wolfelt<br/> (Adults), 128 pgs.</p> | <p>A compassionate resource for friends, parents, relatives, teachers, volunteers, and caregivers, this series offers suggestions to help the grieving cope with the loss of a loved one. Often people do not know what to say—or what not to say—to someone they know who is mourning; this series teaches that the most important thing a person can do is listen, have compassion, be there for support, and do something helpful.</p>  |
|  | <p><b>Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies</b><br/> Alan D. Wolfelt<br/> (Adults), 128 pgs.</p>                 | <p>Presenting simple yet highly effective methods for coping and healing, this book provides answers and relief to parents trying to deal with the loss of a child. It offers 100 practical, action-oriented tips for embracing grief, such as writing a letter to the child who has died; spending time with others who will listen to stories of grief; creating a memory book, box, or Web site; and remembering others who may still be struggling with the death. The guide also addresses common problems for grieving parents, including dealing with marital stress, helping surviving siblings, dealing with hurtful advice, and exploring feelings of guilt.</p> |

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|    | <p><b>Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies</b><br/> Alan D. Wolfelt<br/> (Adults), 128 pgs.</p> | <p>Helping widows and widowers learn how to cope with the grief of losing their helpmate, their lover, and perhaps their financial provider, this guide shows them how to find continued meaning in life when doing so seems difficult. Bereaved spouses will find advice on when and how to dispose of their mate's belongings, dealing with their children, and redefining their role with friends and family. Suggestions are provided for elderly mourners, young widows and widowers, unmarried lovers, and same-sex partners. The information and comfort offered apply to individuals whose spouse died recently or long ago.</p>   |
|   | <p><b>Healing a Teen's Grieving Heart: 100 Practical Ideas for Families, Friends, and Caregivers</b><br/> Alan D. Wolfelt<br/> (Teens/Adults)</p> | <p>A compassionate resource for friends, parents, relatives, teachers, volunteers, and caregivers, this series offers suggestions to help the grieving cope with the loss of a loved one. Often people do not know what to say—or what not to say—to someone they know who is mourning; this series teaches that the most important thing a person can do is listen, have compassion, be there for support, and do something helpful. This volume addresses what to expect from grieving young people, and how to provide safe outlets for teens to express emotion. Included in each book are tested, sensitive ideas for “carpe diem” actions that people can take right this minute—while still remaining supportive and honoring the mourner’s loss.</p> |
|  | <p><b>Healing Your Grieving Body: 100 Physical Practices for Mourners</b><br/> Alan D. Wolfelt</p>  | <p>Acknowledging the unique set of symptoms that accompanies a period of mourning, this guide is the ideal companion to weathering the storm of physical distress. From muscle aches and pains to problems with eating and sleeping, this handbook addresses how the body responds to the impact of profound loss. Low energy, headaches, and other conditions are also taken into account. With 100 ways to help soothe the body and calm the mind, this compassionate study is an excellent resource in understanding the connection between the two.</p>  |
|  | <p><b>Healing Your Grieving Heart After a Military Death</b><br/> Bonnie Carroll &amp; Alan D. Wolfelt<br/> (Adults), 128 pgs.</p>                | <p>When a loved one is killed in the line of duty, this book affirms that survivors’ grief is shaped by the unique circumstances of the death. Because military deaths are almost always sudden and violent, the traumatic nature of the loss creates a two-part grief—one focused on the manner in which the person died, the other focused on the long-term repercussions of life without this special person. This guide acknowledges the unique mixture of sadness, pride, anger, and blame that often characterizes grief after a military death, including in the event of a military suicide, and offers ideas for constructively expressing thoughts and feelings.</p>   |

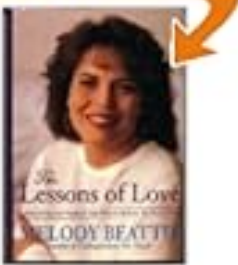
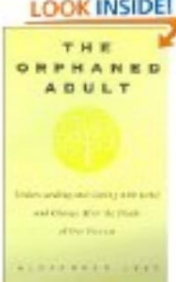


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|     | <p><b>Healing Your Grieving Heart After Stillbirth: 100 Practical Ideas for Parents &amp; Families</b><br/> Alan D. Wolfelt<br/> (Adults), 128 pgs.</p> | <p>Beloved grief educator Dr. Alan Wolfelt compassionately explores the common feelings of shock, anger, guilt, and sadness that accompany a stillborn child, offering suggestions for expressing feelings, remembering the child, and healing as a family. Ideas to help each unique person—mother, father, grandparent, sibling, friend—are included, as are thoughts from families who experienced a stillbirth. This new addition to Dr. Wolfelt’s popular series is a healing companion to families when they need it most.</p>   |
|    | <p><b>Heaven's Not a Crying Place</b><br/> Joey O'Connor<br/> (Adults), 195 pgs.</p>  | <p>Writing with warmth and understanding, Joey O'Connor shows how to teach your child to trust God and celebrate life and to deal with, learn from, and have hope in the face of death.</p>  |
|     | <p><b>Helping Children Grieve &amp; Grow: A Guide for Those Who Care</b><br/> Donna O'Toole<br/> (Adults), 24 pgs.</p>                                  | <p>With colorful illustrations and large print throughout Helping Children Grieve and Grow is easy to understand and immensely useful. The information provided is broad in scope, yet it is so concisely presented that complex issues can be grasped and understood with ease. Topics include: How to Understand The Impact of Loss and Grief on Children, How Children &amp; Adults Grieve Differently, Things Adults Can Say and Do That Help, How To Talk With Children About Death, Special Concerns and Vulnerabilities of Grieving Children and What Can Be Done, What Helps Children Bounce Back, and How To Know When Help Is Needed-Where and How To Find Help.</p> |
|  | <p><b>Helping Children Live With Death &amp; Loss</b><br/> Diana Seibert<br/> (Adults)</p>  | <p>Helping Children Live with Death and Loss is a practical guide for parents, caregivers, teachers, clergy, funeral directors, and other adults who may interact with young children between the ages of two and ten.</p>   |
|  | <p><b>Helping People with Developmental Disabilities Mourn</b><br/> Mark Markell &amp; Alan D. Wolfelt<br/> (Adults), 112 pgs.</p>                      | <p>Frequently, people with developmental disabilities are excluded from bereavement ceremonies when a loved one or friend dies, therefore not receiving the special care needed for comprehending their own feelings of loss. Focusing on creating mourning rituals for special needs people, this guide offers specific rituals and techniques for caregivers to use while helping explain death and dying. With more than 20 examples such as the use of pictures and storytelling or drawing and music, these practical tools can substantially lend to the understanding of grief and sadness for intellectually and developmentally disabled adults and adolescents.</p>  |
|  | <p><b>Helping Teens Cope With Death</b><br/> The Dougy Center<br/> (Ages 13-18), 58 pgs.</p>  | <p>This practical guide covers the unique grief responses of teenagers and the specific challenges they face when grieving a death. You will learn how death impacts teenagers and ways that you can help them. The book also offers advice from parents and caregivers of bereaved teens on how to support adolescents and how to determine when professional help is needed.</p>   |

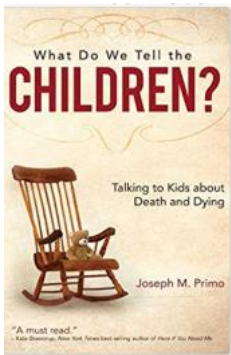
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|     | <p><b>Hoof to Heart: A Guide to Understanding Grief, Loss, &amp; the Healing Power of the Horse</b><br/>Kimberly H. Henry<br/>(Adults), 50 pgs.</p> | <p>HOOF TO HEART shares Kim's thoughts and knowledge that have been gained from working with grieving children, teens and families for 15 plus years, in addition to her personal experiences of loss. This guide is an easy read, with quick reference capabilities for those who want information at their fingertips. It provides a foundation for those who are interested in learning more about partnering the fields of grief and loss with that of equine assisted psychotherapy and counseling and discovering more about the healing power of the horse.</p>               |
|    | <p><b>How to Go On Living When Someone You Live Dies</b><br/>Theresa A. Rando<br/>(Adults), 352 pgs.</p>  | <p>Mourning the death of a loved one is a process that all of us will go through at one time or another. But wherever the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person's response to loss will be different. Now, in this compassionate, comprehensive guide, Therese A. Rando, Ph.D., bereavement specialist and author of Loss And Anticipatory Grief, leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.</p> |
|   | <p><b>I Wasn't Ready to Say Goodbye</b><br/>Brook Noeal &amp; Pamela D. Blair<br/>(Adults), 336 pgs.</p>  | <p>I Wasn't Ready to Say Goodbye is a book that is easily related to by anyone struggling to cope with the sudden death of a loved one. Featured on ABC World News, Fox and Friends and many other shows, this book acts as a touchstone of sanity through difficult times. I Wasn't Ready to Say Goodbye covers such difficult topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression.</p>   |
|  | <p><b>If I Could Just See Hope</b><br/>Darcie D. Stims<br/>(Adults), 134 pgs.</p>   | <p>This collection of stories is filled with compassion, hope, and humor written to help you understand yourself and the factors that influence your grief journey. While learning how to express your grief in your own way, you will also learn how to say goodbye to grief and hello to a new chapter in your life and find a healing space of joy and love.</p>  |
|  | <p><b>I'm Grieving As Fast As I Can</b><br/>Linda Feinberg<br/>(Teens-Adults), 190 pgs.</p>   | <p>This book is a must for any young person who has lost a spouse or someone who is close to them. It gives you the permission to grieve any way you want to and lets you know that there are a select group of people that are in the same position as you and feel the same way you do.</p>  |
|  | <p><b>Into the Cave: When Men Grieve</b><br/>Ronald G. Petrie<br/>(Adults-Men)</p>  | <p>When men suffer a loss, they tend to suppress it and grieve in private. This quiet grief is often misinterpreted by others as indifference or lack of caring. Into the Cave: When Men Grieve looks at the differences between men and women as they go through the grieving process. This is not a theoretical grief book. It is based on experience and observation by someone who has gone, and is still going, down the path of grief recovery. Hopefully, it will give men and women who read it insight, understanding, and direction.</p>                                   |

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|     | <p><b>Lean On Me Gently:<br/>Helping the Grieving<br/>Child 2nd Edition</b><br/>Doug Manning<br/>(Adults), 32 pgs.</p> | <p>When a death happens in the family, our first thoughts are often of the children. However, we feel at a loss for ways to help children deal with death and with their own feelings. Doug provides answers and assurances for anyone who is concerned about a child in grief. Doug looks at the grieving family, the grieving child and the red flags to watch for. He also discusses providing a safe place for children to grieve and being a safe person for them to grieve with.</p>  |
|    | <p><b>Living When a Loved<br/>One Has Died</b><br/>Earl A. Grollman<br/>(Adults), 112 pgs.</p>                         | <p>If someone you know is grieving, Living When a Loved One Has Died can help. Earl Grollman explains what emotions to expect when mourning, what pitfalls to avoid, and how to work through feelings of loss. Suitable for pocket or bedside, this gentle book guides the lonely and suffering as they move through the many facets of grief, begin to heal, and slowly build new lives.</p>   |
|   | <p><b>Losing Jonathan</b><br/>Robert Waxler &amp; Linda<br/>Waxler<br/>(Adults), 207 pgs.</p>                          | <p>When Bob and Linda Waxler received a phone call warning them their beloved and accomplished son Jonathan was taking heroin, they began a journey that took them through the detox hospitals and halfway houses of America. But the second call a year later, from the medical examiner in San Francisco, informing them that Jonathan had died, plunged them into the deep darkness—a long, lonely journey into the center of themselves. Their task was to survive in a world that would never again be the same, and they did survive and even triumph, incorporating Jonathan into their lives not as a lost son, but as a living spirit who is with them in a new way.</p>   |
|  | <p><b>Making Sense Out of<br/>Suffering</b><br/>Peter Kreeft<br/>(Adults), 184 pgs.</p>                                | <p>Peter Kreeft observes that our world is full of billions of normal lives, which have touched by apparently pointless and random suffering. He then records the results of his own wrestling match with God as he struggles to make sense out of this pain.</p>   |
|  | <p><b>Never Too Young to<br/>Know</b><br/>Phyllis Silverman<br/>(Adults), 288 pgs.</p>                                 | <p>Never Too Young To Know: Death in Children's Lives is divided into three parts. The first section includes an overview and theoretical framework that examines the social, historical, developmental, and familial forces that frame and focus children's lives as they experience loss. The second section offers a detailed analysis of how children experience mourning different types of death including the death of siblings, parents, and friends, and death due to illness, suicide, accidents, and violence. The final section includes an accessible guide to helping children cope with grief, emphasizing the importance and the necessity of social support as children learn to adapt to their new lives.</p> |

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|     | <p><b>No Time for Goodbyes: Coping with Sorrow, Anger, &amp; Injustice After a Tragic Death</b><br/>Janice Harris Lord<br/>(Adults), 240 pgs.</p> | <p>Covered are accidental deaths, negligence, suicide, murder, and all kinds of traumatic, sudden, and violent losses. Eloquent comments from survivors are combined with the author's many years of research and experience to make this an incredibly helpful resource. No Time For Goodbyes is used extensively by grieving families as well as numerous professionals and organizations.</p>  |
|    | <p><b>Objects of the Dead</b><br/>Margaret Gibson<br/>(Adults), 193 pgs.</p>  | <p>This nostalgic book examines the death of a loved one and the often uneasy process of living with and discarding the possessions that are left behind—a daughter's hairbrush, a father's favorite chair, or a husband's clothes. Beautifully written and extensively researched, this guide chronicles the issues surrounding inheritance and the power of objects to bind and unbind families.</p>  |
|     | <p><b>Option B: Facing Adversity, Building Resistance and Finding Joy</b><br/>Sheryl Sandberg &amp; Adam Grant<br/>(Adults), 240 pgs</p>          | <p>Option B combines Sheryl's personal insights with Adam's eye-opening research on finding strength in the face of adversity. Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym floor, Sheryl opens up her heart—and her journal—to describe the acute grief and isolation she felt in the wake of his death. But Option B goes beyond Sheryl's loss to explore how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters, and the violence of war. Their stories reveal the capacity of the human spirit to persevere . . . and to rediscover joy.</p> |
|  | <p><b>Parting is Not Goodbye: Coping With Grief in Creative, Healthy Ways</b><br/>Kelly Osmont &amp; Marilyn McFarlane<br/>(Adults), 100 pgs.</p> | <p>This book helps the reader cope with grief in creative, healthy ways. Explores the real life issues of dying and death in an open manner. The story of a mother's struggle after the death of her only child in a tragic accident gives encouragement and suggestions for grieving parents.</p>  |
|   | <p><b>Remembering You</b><br/>Mick Blackistone<br/>(Adults), 57 pgs.</p>  | <p>A wonderful collection of reminiscent vignettes that beautifully capture the meaning of love, friendship, life and loss. Author Mick Blackistone and photographers Charles and Travis Bethmann have created a work that is sure to nourish hearts and souls of survivors struggling with grief.</p>  |
|  | <p><b>Swallowed by a Snake</b><br/>Thomas R. Golden<br/>(Adults-Men)</p>  | <p>Tom's book has one feature that recommends it to men, since a lot of men don't buy "self-help books" and are skeptical about "psychobabble." It is short, simple and straightforward. For all that, it offers a lot of insights that men can relate to. And a lot of insights for women, why may not understand that men grieve differently from women, and are not always comfortable sitting around and talking about their grief. He talks about how other cultures do a better job of honoring men's ways of grieving.</p>   |

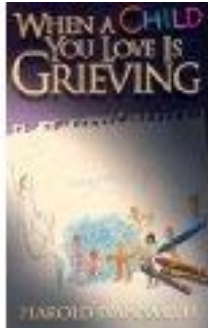
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|     | <p><b>Talking with Children &amp; Young People About Death &amp; Dying</b><br/>Mary Turner<br/>(Adults), 160 pgs.</p>                       | <p>Death is never easy talk about. This book is written with sensitivity and honesty. It is written as a workbook and text is interspersed with pages for further reflection, whether writings or drawings on the part of the listener.</p>  |
|    | <p><b>The Courage to Laugh: Humor, Hope, and Healing in the Face of Death &amp; Dying</b><br/>Ann Klein<br/>(Young Adults), 240 pgs.</p>    | <p>Calling himself a "jollytologist," the author, who lectures and leads seminars on humor, enlarges on this earlier theme by presenting a welcome compilation of many personal stories culled from his research into death and dying. These show the important role of laughter as well as tears in the grieving process. Although Klein stresses that humor should not be used to cover up grief, he believes that, for the patient as well as loved ones, appropriate laughter is a refreshing and therapeutic tonic in the face of illness and death.</p>  |
|    | <p><b>The Grieving Child: A Parent's Guide</b><br/>Helen Fitzgerald<br/>(Adults), 208 pgs.</p>  | <p>This excellent book, written by the director of a grief program in a community health center, is intended as a guide for parents seeking to explain the death of a parent, relative, friend, or even a pet to a child. The book's format employs a paragraph numbering system, which allows readers to turn to relevant information easily. All subjects are listed in the table of contents and index.</p>   |
|   | <p><b>The Lessons of Love</b><br/>Melody Beattie<br/>(Adults), 225 pgs.</p>   | <p>Beattie (Codependent No More) chronicles her grief over the death of her son Shane in a skiing accident in 1991; for two years she found herself unable to work. But with the help of family, friends and her own inner resources, she was finally able to put her life back together. Then, however, she was faced with another test: her daughter Nichole's alcoholism. But this time, from her reserves of spiritual strength, Beattie met the problem head-on. Convincing her daughter to enter a treatment center, she was able to forge a closer relationship between them. Beattie's inspiring message should bring hope to those who think that they "just can't take it any more."</p> |
|  | <p><b>The Orphaned Adult: Understanding Coping with Grief and Change After the Death of Our Parents</b><br/>Alexander Levy<br/>(Adults)</p> | <p>Losing our parents when we ourselves are adults is in the natural order of things, a rite of passage into true adulthood. But whether we lose them suddenly or after a prolonged illness, and whether we were close to or estranged from them, this passage proves inevitably more difficult than we thought it would be.</p>   |

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|     | <p><b>Understanding Your Grief Journal: Exploring the Ten Essential Touchstones</b><br/>Alan D. Wolfelt<br/>(Adults), 112 pgs.</p> | <p>This companion workbook to Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart is designed to help mourners explore the many facets of their unique grief through journaling. Ten essential touchstones for mourners are covered, including being open to the presence of loss, dispelling misconceptions about grief, embracing the uniqueness of grief, seeking reconciliation, and reaching out for help. Journalers are asked specific questions about their feelings of grief as they relate to the ten essential touchstones and are provided with writing space for their reflections.</p> |
|    | <p><b>The Worst Loss: How Families Heal from the Death of a Child</b><br/>Barbara D. Rosof<br/>(Adults), 304 pgs.</p>              | <p>The death of a child is like no other loss. The Worst Loss will help families who have experienced this to know what they are facing, understand what they are feeling, and appreciate their own needs and timetables.</p>  |
|    | <p><b>Thirty Five Ways to Help a Grieving Child</b><br/>The Dougy Center<br/>(Adults), 55 pgs.</p>                                 | <p>If you know a child or teen who has experienced a death, this guidebook presents you with simple and practical suggestions for how to support him or her. Learn what behaviors and reactions to expect from children at different ages, ways to create safe outlets for children to express their thoughts and feelings and how to be supportive during special events such as the memorial service, anniversaries and holidays.</p>  |
|   | <p><b>Unattended Sorrow</b><br/>Stephen Levine<br/>(Adults), 240 pgs.</p>  | <p>He claims that chronic grief can result just as easily from the death of a loved one as it can from everyday disappointments like "unfulfilled ambitions." Whatever the source of one's sense of loss, Levine argues that grief must be thoroughly worked through, or it can lead insidiously to addiction, clinical depression, and other physical complaints. Borrowing heavily from Buddhist teachings, Levine recommends mindfulness meditation as one of several paths to reaching relief through "self-mercy."</p>  |
|  | <p><b>Understanding Your Grief</b><br/>Alan D. Wolfelt<br/>(Teens-Adults), 176 pgs.</p>  | <p>Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have. Questions of spirituality and religion are addressed as well. The rights of mourners to be compassionate with themselves, to lean on others for help, and to trust in their ability to heal are upheld. Journaling sections encourage mourners to articulate their unique thoughts and feelings.</p>                                    |



**What Do We Tell the Children? Talking to Kids About Death & Dying**  
Joseph Primo  
(Adults), 129 pgs.

One out of seven children will lose a parent before they are 20. The statistics are sobering, but they also call for preparedness. However, professionals of all types are often at a loss when dealing with a grieving child.



**When a Child You Love is Grieving**  
Harold Ivan Smith  
(Adults), 160 pgs.

Comforting a person who is grieving is never an easy task. When that person is a child the task becomes all the more difficult. As adults we worry about saying and doing the right thing, and too often we give the child quick answers instead of the support they really need. When a Child You Love Is Grieving takes a different approach to helping a child grieve. As a widely recognized grief specialist, Harold Ivan Smith explains that quick answers are not what children need when they are grieving. They need support, and most of all they need to be allowed to grieve - for as long as it takes. With an ABC-like approach, Smith offers insights and activities for the parent, teacher, or friend-anyone who loves a child and wants to offer his or her support.



**When a Child Dies from Drugs**  
Patricia Wittberger &  
Russ Wittberger  
(Adults), 102 pgs.

"When a Child Dies From Drugs" is written by parents to help other parents who are experiencing the ultimate tragedy of their child's death from drugs or alcohol - parents who find themselves isolated in a fathomless dark void wondering whether they will ever resurface into the real world again. This book offers strength, practical advice and an aid in grief recovery for parents and families, gleaned not only from personal experiences but also from meeting with many parents through their out-reach program, "G.R.A.S.P." (Grief Recovery After Substance Passing) Subjects covered range from the emotional trauma of learning of the child's demise and on through the guilt, denial, anger, "what-if's" and, finally, acceptance and to suggestions of how to cope daily and into a future which will never be the same.



**Writing to Recover: The Journey from Loss and Grief to a New Life**  
Harriet Hodgson  
(Adults)

Harriet Hodgson captures both the realness and the work of grief, out of which comes the hope of healing and personal growth. She writes so that you and I might be encouraged, and even challenged, to write our own story as we, too, journey through grief. This phenomenal resource provides guidance and wisdom.



**Writing to Recover Journal**  
Harriet Hodgson  
(Adults)

A companion to Writing to Recover, the Writing to Recover Journal has one purpose - to get you to keep writing affirmations foster writing and brighten your days.