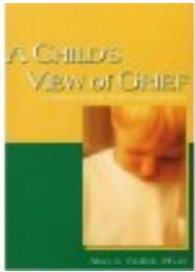


# Resources for Parents, Caregivers, and Other Caring Adults

For Adults (Ages 18+)



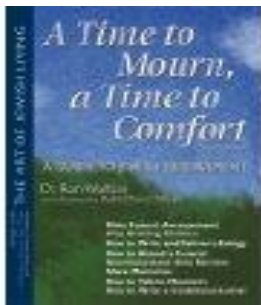
**A Child's View of Grief:  
A Guide for Parents,  
Teachers, &  
Counselors**  
Alan D. Wolfelt

Parents, teachers, and other adults can learn through this caring guide on how children and adolescents grieve after someone they love dies. Exploring the six reconciliation needs of mourning, this helpful resource recognizes that grieving children are especially deserving of an emotional environment of love and acceptance. This handbook helps adults recognize the importance of empathy toward a grieving child, and provides guidelines for involving children in funeral services.



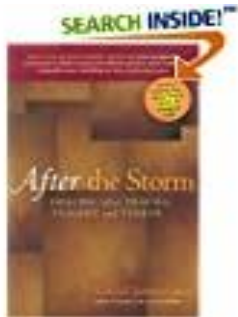
**A Man Faces Grief/ A  
Man You Know is  
Grieving**  
J. E. Miller  
(Adults)

Two books in one. One half is for men who are grieving, with 12 helpful suggestions, each a chapter by itself. The other half is for those who want to understand and help men who are grieving, also in twelve short, helpful chapters.



**A Time to Mourn, A  
Time for Comfort**  
Dr. Ron Wolfson  
(Adults), 342 pgs.

A guide to meeting the needs of those who mourn and those who seek to provide comfort in times of sadness. While this book is written from a laypersons point of view, it also includes the specifics for funeral preparations and practical guidance for preparing the home and family to sit shiva . Advice is given for attending a Jewish funeral, how to help during shiva, what to say to the mourners, and what to write in a condolence letter. Special sections deal with specific situations of modern life, including helping young children grieve and understand shiva, deaths from AIDS, and mourning the death of an infant or child.




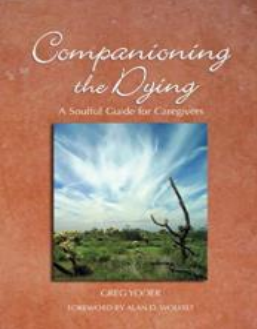

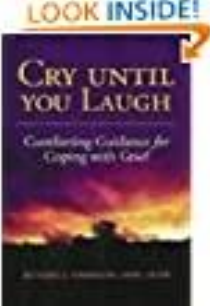

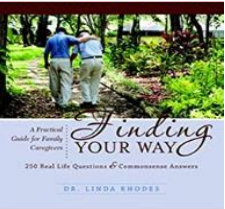
**After the Storm:  
Healing After Trauma,  
Tragedy, & Terror**  
Kendall Johnson  
(Teens/Adults), 256  
pgs.

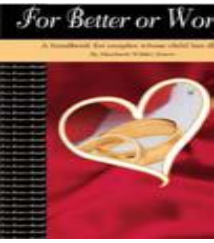
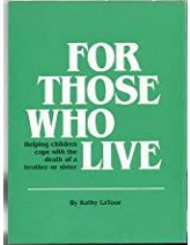
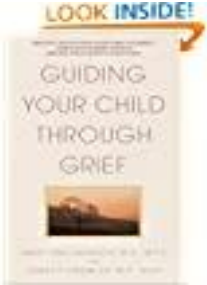
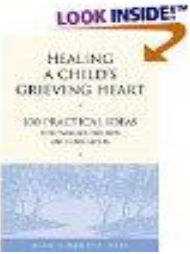
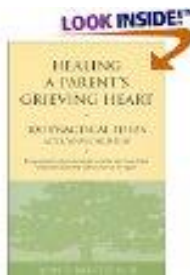
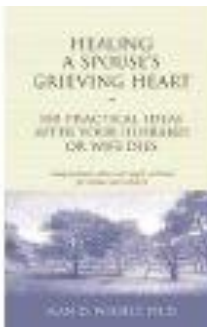
Post-traumatic stress disorder — aka PTSD or simply "trauma" — is a growing problem, with adults and children today affected by threats of terror; combat in the Middle East; and social, economic, and personal crises. It is a hidden disease affecting ten percent of the population — many whether they know it or not. This book explains how PTSD arises, how to recognize its effects, and how to stabilize and recover from it, focusing on three areas: how to cope, how to help children and other loved ones, and how to recover happiness.

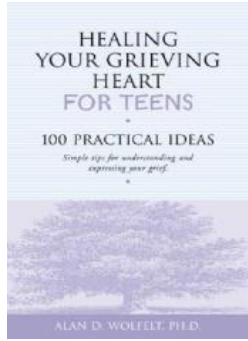


**Caregiver Therapy**  
Julie Kuebelbeck &  
Victoria O'Connor  
(Adults)

Caregiver Therapy shows you how to take care of yourself as you take care of someone else. It invites you to deepen and enrich your caregiving experience —opening your heart to others and opening your spirit to lessons of love and trust.

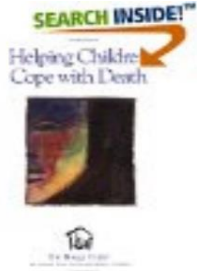
	<p><b>Companioning the Bereaved: A Soulful Guide for Caregivers</b>  Alan D. Wolfelt  (Adult), 176 pgs.</p>	<p>Wolfelt's new model for "companioning" the bereaved gives a viable alternative to the limitations of the medical establishment, encouraging counselors and other caregivers to aspire to a more compassionate philosophy. This approach argues that grief need no longer be defined, diagnosed, and treated as an illness but rather should be an acknowledgement of an event that forever changes a person's worldview. Through careful listening and observation, the caregiver learns to support mourners and help them help themselves heal.</p>
	<p><b>Companioning the Dying: A Soulful Guide for Caregivers</b>  Alan D. Wolfelt &amp; Greg Yoder  (Adults), 162 pgs.</p>	<p>This guide for counselors and lay caregivers explores the art of caring for the dying and their families. It includes personal accounts that debunk the myth of the "good death" and teach caregivers to find the transformative potential of every moment in every experience. It includes advice for comforting patients and their families as well as advice for dealing with the internal stress common to the profession. The guidance provided will help counselors feel affirmed in their abilities to "be with" the dying and support them and their families.</p>
	<p><b>Companioning the Grieving Child: A Soulful Guide for Caregivers</b>  Alan D. Wolfelt  (Adults), 176 pgs.</p>	<p>Providing a viable alternative to the limitations of the medical establishment's model for companioning 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>Cry Until You Laugh: Comforting Guidance for Coping</b>  Richard Obershaw  (Adults), 174 pgs.</p>	<p>Bereaved individuals are often given books to read immediately after a death. Most of these books are psychologically "heavy" and tire out the reader in the first few pages. Those books get set aside and not picked up again. This book with ease of reading, practical insight, and appropriately placed humor allow the bereaved to take "relief breaks" as they read. The bereaved will understand not only their issues but also how society views them as they mourn. The concept of mourning as the "job of re-identifying the new self" is spelled out with clear and practical non-psycho babble words.</p>
	<p><b>Finding the Words</b>  Alan D. Wolfelt  (Adults), 138 pgs.</p>	<p>Readers will find simplified and suitable methods for talking to children and teenagers about sensitive topics with an emphasis on the subject of death. Honest but child-appropriate language is advocated, and various wording and levels of explanation are suggested for different ages when discussing topics such as death in general, suicide, homicide, accidental death, the death of a child, terminal illness, pet death, funerals, and cremation.</p>
	<p><b>Finding Your Way: A Practical Guide for Family Caregivers</b>  Linda Rhodes  (Adults)</p>	<p>250 real life questions &amp; commonsense answers.</p>

	<p><b>For Better or Worse: For Couples Whose Child Has Died</b> Maribeth Wilder Doerr (Adults), 24 pgs.</p>	<p>For strengthening marriages after a child dies. Looks at gender grief, building your relationship after your child dies, how to help each other heal; includes a grief chat. "While it's important to respect your spouse's needs, it's also wise to respect your own. You must take care of yourself both physically and emotionally. . ."</p>
	<p><b>For Those Who Live: Helping Children Cope with the Death of a Brother or Sister</b> Kathy Latour (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>
	<p><b>Guiding Your Child Through Grief</b> Mary Ann Emswiler (Adults), 304 pgs.</p>	<p>The book's eminent practicality and compassionate, down-to-earth tone make it an invaluable handbook: from dealing with the initial shock to identifying typical reactions to death by age group and achieving the "three goals" of family grieving: reestablishing stability, acknowledging the experience of loss individually and collectively, and supporting each member in his or her efforts to start growing again. They also discuss the special challenges of remarriage and of step-parenting grieving children (which the Emswilers have done successfully). Tips for school personnel, health-care professionals and a suggested age-appropriate reading list round out the volume.</p>
	<p><b>Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends &amp; Caregivers</b> Alan D. Wolfelt (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> Alan D. Wolfelt (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>
	<p><b>Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies</b> Alan D. Wolfelt (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>



**Healing a Teen's Grieving Heart: 100 Practical Ideas for Families, Friends, and Caregivers**  
Alan D. Wolfelt  
(Teens/Adults)

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.



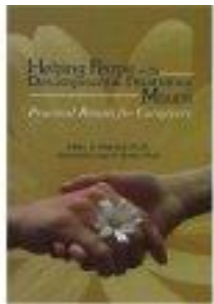
**Helping Children Cope With Death**  
Donna Shuurman  
(Adults), 46 pgs.

This guidebook offers a comprehensive, easy-to-read overview of how children grieve and strategies to support them. Based on The Dougy Center’s work with thousands of grieving children and their families, you will learn how children understand death, how to talk with children about death at various developmental stages, how to be helpful and when to seek outside help. This book is useful for parents, teachers, helping professionals and anyone trying to support a grieving child.



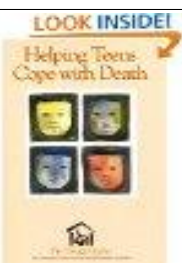
**Helping Children Grieve & Grow: A Guide for Those Who Care**  
Donna O'Toole  
(Adults), 24 pgs.

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 & 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.



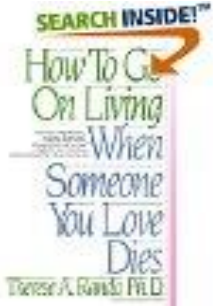

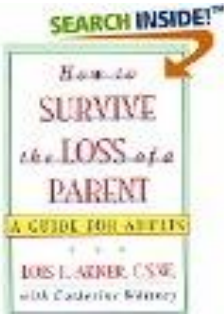
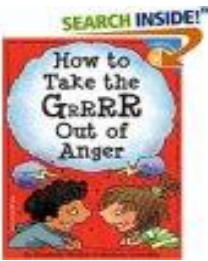

**Helping People with Developmental Disabilities Mourn**  
Mark Markell & Alan D. Wolfelt  
(Adults), 112 pgs.

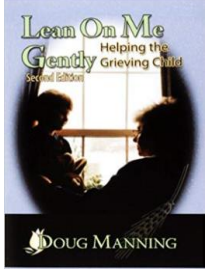
Frequently, people with developmental disabilities are excluded from bereavement ceremonies when a loved one or friend dies, therefore not receiving the special care needed for comprehending their own feelings of loss. Focusing on creating mourning rituals for special needs people, this guide offers 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.



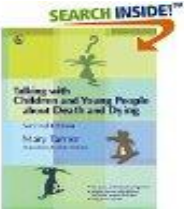
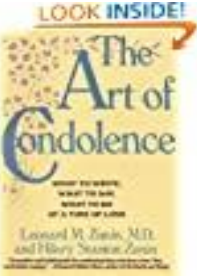
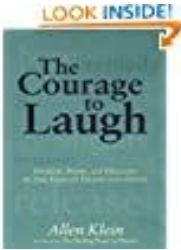
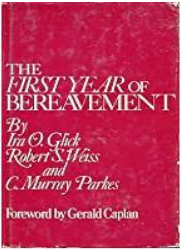


**Helping Teens Cope With Death**  
The Dougy Center  
(Ages 13-18), 58 pgs.

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.


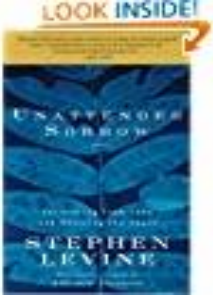
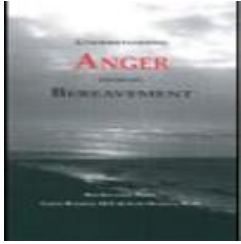
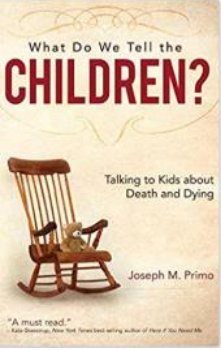
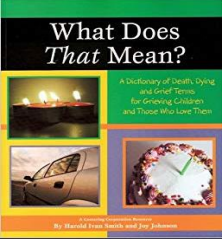
	<p><b>How to Go On Living When Someone You Live Dies</b> Theresa A. Rando (Adults), 352 pgs.</p>	<p>Mourning the death of a loved one is a process that all of us will go through at one time or another. But wherever the death is sudden or anticipated, few of us are prepared for it or for the grief it 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>How to Help Children Through a Parent's Serious Illness</b> Kathleen McCue (Adults), 240 pgs.</p>	<p>Offering supportive, practical advice from a leading child-life specialist, this book includes information such as what to tell a child about the illness, how to recognize early-warning signs in a child's drawings, sleep patterns, schoolwork and eating habits, and when and where to get professional help. Illustrations &amp; Calvin &amp; Hobbes cartoons.</p>
	<p><b>How to Survive the Loss of a Parent: A Guide for Adults</b> Lois F. Akner (Adults), 240 pgs.</p>	<p>Written for adults who are mourning the loss of a parent, this book attempts to help survivors understand how the parental relationship influenced other aspects of their lives. Drawing from her work as a bereavement counselor, Akner depicts the experience of 12 mourners meeting for a six-week workshop. Each begins the workshop feeling he or she is having difficulty dealing with the loss. Working through a series of exercises and "homework" assignments designed to help them discuss, question, and understand the role that deceased played in their lives, many--though not all--begin to move on from the feelings that were keeping them stuck in their grief.</p>
	<p><b>How to Take the GRRR Out of Anger</b> Elizabeth Verdick (Ages 9-12)</p>	<p>This book teaches children how to recognize anger in themselves and others, how to deal with situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. Young readers learn that violence is not acceptable and there are better, safer ways to resolve conflicts. They also discover what to do when people around them are angry, how to get help, and how to locate other resources (books, hotlines, school groups) when they need more support.</p>
	<p><b>I Don't Know How to Help Them</b> Linda Maurer (Adults), 47 pgs.</p>	<p>This book is valuable resources for working with families who have suffered the loss of a loved one. Often times family and friends ask what they can do to help. This book is full of wonderful suggestions and ideas, especially helpful in a time when there may often be few answers to difficult questions. Ms. Maurer's personal tragedy has ultimately produced a beautiful gift to others who find themselves faced with the loss of a loved one, and those around them who truly want to know what they can do to help. Written in an easy-to-read, yet eloquent style.</p>

	<p><b>I Don't Know What To Say</b> R. Buckman (Adults), 247 pgs.</p>	<p>Even though its focus is on communicating with someone who is dying, its reach is far broader, extending to any intimate communication with anyone who is close. 'I Don't Know What to Say...' is written simply and with brilliant directness</p>
	<p><b>I'm Grieving As Fast As I Can</b> Linda Feinberg (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>Keys to Helping Children Deal with Death and Grief</b> Joy Johnson (All Ages), 172 pgs.</p>	<p>This book helps parents explain the idea of death in ways that are understandable to children. Already one of our best sellers, it includes sections on the process of grief and ways to help children cope with loss.</p>
	<p><b>Lean On Me Gently: Helping the Grieving Child 2nd Edition</b> Doug Manning (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 Beyond Loss</b> Froma Walsh (Adults), 350 pgs.</p>	<p>This is the authoritative volume on the impact of death on the family system. Therapeutic guidelines are offered for working with the mourning process and resolving long-term complications. New chapters address such topics as spirituality, traumatic deaths, and stigmatized losses. A new section offers reflections by prominent family therapists on their own legacies of loss.</p>
	<p><b>Men and Grief: A Guide for Men Surviving the Death of a Loved One</b> Carol Staudacher (Adults), 224 pgs.</p>	<p>"Men and Grief" is an insightful and thought-provoking look at the problems men face as they experience the emotionally painful times of their lives.</p>
	<p><b>Part of Me Died Too: Stories of Creative Survival</b> Virginia L. Fry (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>Preparing the Children: Information &amp; Ideas for Families Facing Terminal Illness &amp; Death</b> Kathy Nussbaum (Adults), 64 pgs.</p>	<p>This brief guidebook offers insights into the needs of children during a loved one's illness, along with helpful tips for helping them through the grief process.</p>
	<p><b>Saying Goodbye When You Don't Want To: Teens Dealing with Loss</b> Martha Bolton (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>Sibling Bereavement: Helping Children Cope with Loss</b> Ann Farrand (Adults), 160 pgs.</p>	<p>The effect of losing a brother or sister can result in severe emotional trauma for a child. The author of this text believes there is no "right" way for parents to behave towards surviving children - each family, each death, each survivor is different. The book allows victims of sibling bereavement to tell their own stories and share their own conclusions about the experience, seeking to provide enlightenment on this emotional subject.</p>
	<p><b>Straight Talk About Death for Teenagers</b> Earl A. Grollman (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>Swallowed by a Snake</b> Thomas R. Golden (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>
	<p><b>Talking About Death: A Dialogue Between Parent &amp; Child</b> Earl Grollman (Adults), 116 pgs.</p>	<p>Why do people die? How do you explain the loss of a loved one to a child? This book is a compassionate guide for adults and children to read together, featuring a read along story, answers to questions children ask about death, and a comprehensive list of resources and organizations that can help.</p>

	<p><b>Talking with Children &amp; Young People About Death &amp; Dying</b> Mary Turner (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 Art of Condolence</b> Leonard M. Zunin (Adults), 288 pgs.</p>	<p>Time and again we stumble for words and actions that will reflect our feelings of compassion and our desire to be of comfort. Based on the authors' extensive research, their workshops, and their professional experience, and filled with personal stories and anecdotes, this heartfelt, practical, and easily accessible resource covers the three most common areas of concern: "What can I write?" "What can I say?" and "What can I do?" The authors address such issues.</p>
	<p><b>The Courage to Laugh: Humor, Hope, and Healing in the Face of Death &amp; Dying</b> Ann Klein (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 First Year of Bereavement</b> I. Glick &amp; C. Parkes (Adults), 311 pgs.</p>	<p>This book is a valuable resource for anyone who has recently lost a loved one to death. It will walk you through the first year of the bereavement process.</p>
	<p><b>The Grieving Child: A Parent's Guide</b> Helen Fitzgerald (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 Last Goodbye II</b> Jim Boulden (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>Thirty Five Ways to Help a Grieving Child</b> The Dougy Center (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> Stephen Levine (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 Anger During Bereavement</b> Bob Baugher (Adults), 56 pgs.</p>	<p>The first pages of this booklet describe anger, and how it may occur during the bereavement process. The second part of the book offers suggestions for coping with anger. This booklet won't tell you not to feel angry. It is written to help bereaved people gain insight into their angry feelings and to begin the process of moving beyond those feelings.</p>
	<p><b>What Do We Tell the Children? Talking to Kids About Death &amp; Dying</b> Joseph M. Primo (Adults), 129 pgs.</p>	<p>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.</p>
	<p><b>What Does That Mean?</b> Harold Ivan Smith (All Ages)</p>	<p>A Dictionary of Death, Dying and Grief Terms for Grieving Children and Those Who Love Them</p>