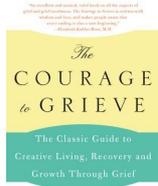


Bereavement Resources

Books



JUDY TATELBAUM

The Courage to Grieve by Judy Tatelbaum

ISBN: 0060911859 Publication Date: 2008-06-17

This unusual self-help book about surviving grief offers the reader comfort and inspiration. The Courage to Grieve provides the specific help we need to enable us to face our grief fully and to recover and grow from the experience. Tatelbaum gives a fresh look at understanding grief, showing us that grief is a natural, inevitable human experience. The Courage to Grieve provides excellent advice on how to help oneself and others get through the immediate experience of death and the grief that follows, as well as how to understand the special grief of children.



Effective Grief and Bereavement Support by Kari Dyregrov; Atle Dyregrov; Magne Raundalen

ISBN: 1843106671 Publication Date: 2008-08-01

Effective Grief and Bereavement Support shows how social networks, whether they be friends, colleagues or family, can provide an important source of support following sudden bereavement. Individuals in social networks surrounding bereaved people often feel very uncertain about how best to offer support following the death of someone close. As a result of this, people often find that their relationships with friends and family suffer in the wake of bereavement. Kari and Atle Dyregrov provide concrete, evidence-based advice about how support processes can be improved. Issues covered include common reactions to grief, problems that can arise within families as a result, when to involve professional assistance, how to help bereaved children, and the main principles for effective network support.



Good Grief by Granger E. Westberg

ISBN: 0800697812 Publication Date: 2010-10-01

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 people might experience during the natural process of grieving. Whether mourning the death of a loved one, the end of a marriage, the loss of a job, or other difficult life changes, Good Grief is a proven steady companion in times of loss.



A Grief Observed by C. S. Lewis

ISBN: 0060652381 Publication Date: 2015-04-21

A classic work on grief, *A Grief Observed* is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss. Written after his wife's tragic death as a way of surviving the "mad midnight moments," *A Grief Observed* an unflinchingly truthful account of how loss can lead even a stalwart believer to lose all sense of meaning in the universe, and the inspirational tale of how he can possibly regain his bearings.



Grieving by Jerusha Hull McCormack

ISBN: 1557254931 Publication Date: 2006-03-01

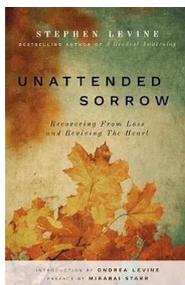
There is no sure route through grieving. Jerusha McCormack provides instead a series of signposts by which we may find our own path to a new life. "We are all amateurs at grief," she writes, "it comes to us all; we must all go through it. To treat grief as a problem to be fixed, or (worse still) to medicalize it, is to rob us of the extraordinary privilege of encountering this experience on our terms: for each of us has our own way of grieving, and each of us has something special to learn from the process."



Living after a Death by Mary Paula Walsh

ISBN: 1853905607 Publication Date: 2005-03-01

An Irish publication which provides a guide to the grieving process. Its five sections outline how to address the pain of grief, offer advice for specific types of bereavement and encouragement for moving beyond grief.



Unattended Sorrow by Stephen Levine

Publisher: Monkfish Book Publishing; 2nd edition (26 Feb. 2019) ISBN-13: 978-1939681904

Wise and compassionate advice to help heal emotional wounds that linger and prevent us from leading full and happy lives. *Unattended sorrow* is unresolved grief that has never been given a chance to heal. This lovely, spiritual book from one of the nation's most trusted grief counsellors offers a series of techniques to help heal this pain so readers can lead full and joyful lives. The book not only guides those who have experienced a fresh loss to face the hurt before it settles in, but it also addresses the devastating impact of tragedies past...