

Westminster Presbyterian Church Grief Library
(author, title, description)

- Alive Hospice, Advance Care Planning – Conversation about end-of-life care
- Alive Hospice, Maggie & Marcus Monarch
- Bozarth, Alla Renee, Life is Goodbye Life is Hello – Grieving Well Through All Kinds of Loss

Dr. Bozarth shows us how to make grieving a positive action that's part of the healing process. (description taken from Amazon)

- Buscaglia, Leo, The Fall of Freddie the Leaf – A Story of Life for All Ages

The beloved classic from New York Times bestselling author Leo Buscaglia that has helped thousands of children and adults come to grips with life and death--a warm, wonderfully wise, and strikingly simple story about a leaf named Freddie.

Appropriate for all ages--from toddlers to adults--and featuring beautiful nature photographs throughout, this poignant, thought-provoking story follows Freddie and his companions as their leaves change with the passing seasons and the coming of winter, finally falling to the ground with winter's snow.

An inspiring allegory that illustrates the delicate balance between life and death, *The Fall of Freddie the Leaf* has helped a generation of readers navigate death and dying, grief and bereavement, the passage of time, and loss of a loved one. (description taken from Amazon)

- Bush, Michael D., This Incomplete One – Words Occasioned by the Death of a Young Person

These premature deaths supremely test our faith.

This Incomplete One, edited by Michael D. Bush, features sixteen extraordinary sermons from preachers wrestling with the deaths of children and young adults. The preachers here include classic theologians -- Jonathan Edwards, Friedrich Schleiermacher, and Karl Barth -- and select modern preachers. Two especially noteworthy features are a thoughtful foreword by Nicholas Wolterstorff, author of *Lament for a Son*, and the first English translation of the profound sermon preached by Karl Barth at the memorial service for his own son, Matthias.

In the midst of immense grief and suffering, *This Incomplete One* speaks forth words of quiet hope and comfort.

""Even if we cannot rejoice ourselves, we still hear an entirely different voice rejoice. . . . This voice speaks about the completion of even this incomplete one, about his completion as God's servant brought about through death. It speaks about peace and joy and life to the fullest."

- Carder, Kenneth L., Ministry with the Forgotten – Dementia through a Spiritual Lens

Dementia diseases represent a crisis of faith for many family members and congregations. Magnifying this crisis is the way people with dementia tend to be objectified by both medical and religious communities. They are recipients of treatment and projects for mission. Ministry is done to and for them rather than with them.

While acknowledging the devastation of dementia diseases, Ken Carder draws on his own experience as a caregiver, hospice chaplain, and pastoral practitioner to portray the gifts as well as the challenges accompanying dementia diseases. He confronts the deep personal and theological questions created by loving people with dementia diseases, demonstrating how living with dementia can be a means of growing in faith, wholeness, and ministry for the entire community of faith. He also reveals that authentic faith transcends intellectual beliefs, verbal affirmations, and prescribed practices. Carder asserts that the Judeo-Christian tradition offers a broader lens, defining personhood in relationship to God's story and humanity's participation in God's mighty acts of creation and new creation; thereby contributing to hope, community, and self-worth.

Pastors and congregations will be better equipped to minister with people affected by dementia, receiving their gifts and responding to their unique needs. They will learn how people with dementia contribute to the community and the church's life and mission, discovering practical ways those contributions can be identified, nurtured, and incorporated into the church's life and ministry. (description taken from Amazon)

- Childs-Gowell, Elaine, Good Grief Rituals – Tools for Healing

In this comforting and deeply thoughtful book, the author offers a series of simple grief rituals, among them the venting of feelings, letter writing, affirmations, exercises to act out negative emotions as well as forgiveness, fantasies, meditations, and more. Adult children of alcoholics, victims of incest and assault, and those who have ended a relationship, lived through a natural disaster, wrecked a car, or suffered any kind of loss, will find that these rituals move them beyond loss to forgiveness, gratitude and a new sense of life. (description taken from Amazon)

- Council of Aging of Middle Tennessee, Empowering Grandparents – A Guide for Grandparents Raising Grandchildren
- Claypool, John R., Mending the Heart – Living and Growing through Grief

- Davidson, Glen W., Understanding Mourning – A Guide For Those Who Grieve

Dr. Davidson offers the latest findings and most helpful guidelines for healthy mourning and returning to a reorganized life. This outstanding guide will help you: develop healthy mourning practices identify danger signs in the phases of mourning learn how telling your story of death and sadness can release feelings and help put your life together again

A book for everyone who mourns and for those who help the bereaved. (description taken from Amazon)

- DeLeo, Kristen, Present through the End – A Caring Companion’s Guide for Accompanying the Dying

Present through the End offers the guidance and essential wisdom we need when we are struggling to support someone who is nearing death. This book helps us meet the many challenges ahead and navigate through difficult times with clarity and kindness--both for the person who is dying and also for ourselves.

Inspired by decades of experience caring for the dying and years teaching contemplative care around the world, Kirsten DeLeo shares down-to-earth advice and offers short, simple "on the spot" tools to help us handle our emotions, deal with difficult relationships, talk about spiritual matters, practice self-care, listen fully, and more. This book offers insight and encouragement when we are unsure what to do or say and shows us how to be present even though we may feel utterly helpless, love when loss is just around the corner, and be fully alive to each moment as time runs out. (description taken from Amazon)

- DeSpelder, Lynne Ann and Strickland, Albert Lee, The Last Dance – Encountering Death and Dying

The Last Dance: Encountering Death and Dying provides a comprehensive, up to date, and readable introduction to the study of death and dying. It directs attention to the evolving understanding of death and dying in today's culturally diverse environment. In a straightforward, conversational style, with an extensively illustrated format, The Last Dance provides a solid grounding in theory and research as well as in methods for applying what is learned to readers' own circumstances, both personal and professional. No other textbook so successfully combines the research and theories of such diverse disciplines as anthropology, art, ethics, health science, literature, philosophy, psychology, public policy, religion, and sociology. The eleventh edition of *The Last Dance* includes coverage of key topics yet retains the focus, writing, and pedagogy instructors have come to expect from the best-selling text in death studies.

- Devine, Megan, *It's OK that you're NOT OK – Meeting Grief and Loss in a Culture That Doesn't Understand*

With *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we help others who have endured tragedy. Having experienced grief from both sides - as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner - Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it.

On this unabridged audio recording read by the author, Megan offers stories, research, life tips, and creative and mindfulness-based practices to guide us through an experience we all must face. With Megan's gentle but direct guidance, you'll learn:

- Why well-meaning advice, therapy, and spiritual wisdom so often end up making it harder for people in grief
- How challenging the myths of grief - doing away with stages, timetables, and unrealistic ideals about how grief should unfold - allows us to accept it as a mystery to be honored instead of a problem to solve
- Practical guidance for managing stress, improving sleep, and decreasing anxiety without trying to "fix" your pain

Many people who have suffered a loss feel judged, dismissed, and misunderstood by a culture that wants to "solve" grief. Megan writes, "Grief no more needs a solution than love needs a solution." *It's OK That You're Not OK* is a book for grieving people, those who love them, and all those seeking to love themselves - and each other - better. (description taken from Amazon)

- Didion, Joan, *The Year of Magical Thinking*

Iconic writer, Joan Didion, and her husband, John Gregory Dunne, had just sat down to dinner when he suffered a sudden massive coronary event that caused his death. Looking back over their life together, Didion writes with absolute clarity, honesty, and passion about the good times and bad in their marriage – speaking to anyone who has ever loved a husband, wife, or child. She allows you into her mind as it becomes clouded with grief, revealing what she has lost.

- Dunn, Hank, *Hard Choices for Loving People*

Hard Choices for Loving People: CPR, Feeding Tubes, Palliative Care, Comfort Measures, and the Patient with a Serious Illness, Sixth Edition is a guide to help patients and families with end-of-life decisions. Millions of families have been helped and comforted by the common sense and practical advice found in this audiobook.

Hank Dunn draws on his extensive experience as a chaplain in a nursing home, hospice program, and hospital. In *Hard Choices for Loving People*, he shares stories of many of the patients and families he has helped guide through this most difficult time.

Living with a life-threatening illness presents challenges and difficulties few can imagine or even think about. Family members are confronted with making extraordinarily difficult decisions, often in the midst of emotionally draining circumstances.

The audiobook is also based on research, offering reliable, relevant medical advice from top medical journals and experts. In the very first moments, the listener is encouraged to first consider the goals of medical care. What is the appropriate medical goal for this patient at this phase of life? Is it to cure, stabilize functioning, or to prepare for a comfortable and dignified death?

The first chapter deals with CPR resuscitation attempts. The second chapter addresses the issues surrounding artificial feeding tubes. Also covered in *Hard Choices for Loving People* are medical treatments such as palliative care, hospice, hospitalization, respirators (breathing machines), dialysis, antibiotics, pacemakers and implanted defibrillators, and pain control.

In several places throughout the audiobook, special attention is given to making these decisions for people with dementia. The concluding moments of the audiobook address the emotional and spiritual concerns at the end of life. People of any faith or of no faith tradition have found these words helpful.

Chaplain Dunn feels the journey at the final stages of life is a journey to letting go and letting be. As end-of-life care expert Ira Byock, MD, attests, this audiobook is packed with practical wisdom for people facing life's most difficult decisions. It is clear and concise, yet sensitive to the emotional turmoil of the people who hold it in their hands.

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

Internationally renowned psychiatrist, Viktor E. Frankl, endured years of unspeakable horror in Nazi death camps. During, and partly because of, his suffering, Dr. Frankl developed a revolutionary approach to psychotherapy known as logotherapy. At the core of his theory is the belief that man's primary motivational force is his search for meaning.

Man's Search for Meaning is more than a story of Viktor E. Frankl's triumph: it is a remarkable blend of science and humanism and an introduction to the most significant psychological movement of our day.

- Furman, Joan and McNabb, David, *The Dying Time – Practical Wisdom for the Dying & their Caregivers*

"One of the best books available on caring for the dying, *The Dying Time* combines deep insight and down-to-earth practicality. All caregivers need to know what's between these covers. This book demystifies the process of death, yet honors the sacredness of life's final transition. Highly recommended."

Larry Dossey, M.D., author of *Prayer Is Good Medicine*

"Living until we die can be difficult. This book can guide you through that time. It is practical, spiritual, and filled with wisdom."

Bernie S. Siegel, M.D., author of *Love, Medicine, and Miracles*

Here is a comprehensive and thorough handbook for the dying and their caregivers. Joan Furman and David McNabb walk the reader through the dying time, providing details on how to make the environment conducive to peace and tranquility, give physical care, understand and respond to the emotional and spiritual crises that naturally occur, and stay healthy as a caregiver. They answer with honesty and sensitivity the questions most frequently asked, such as what actually happens at the time of death. The book also deals with arranging for a meaningful memorial service and handling grief for those who are left behind. And it offers guided imagery for coping with pain and suggests literature and music to ease the passage of those whose health is irreversibly failing. (description taken from Amazon)

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

From a widow and therapist, a guide to life after losing a husband, with reflections on grief and practical advice

In this remarkably useful guide, widow, author, and therapist Genevieve Davis Ginsburg offers fellow widows -- as well as their family and friends -- sage advice for coping with the loss of a husband. From learning to travel and eat alone to creating new routines to surviving the holidays and anniversaries that reopen emotional wounds, Ginsburg give guidance on:

- Dealing with anger and guilt
- Maintaining family relationships
- Dating after widowhood
- Handling money
- Responding to others' support
- And more

Widow to Widow walks readers through the challenges of widowhood and encourages them on their path to building a new life. (description taken from Amazon)

- Grollman, Earl A., *Suicide – Prevention, Intervention, Postvention*

Provides information on suicide statistics and gives advice on how to recognize the warning signs of a potential suicide attempt, how to intervene when a suicide has been attempted, and how to comfort families and friends who have lost a loved one to suicide. This updated and expanded edition contains a discussion of euthanasia and living wills and a list of crisis centers around the United States. (description taken from Amazon)

- Grollman, Earl A., Talking about death – a dialogue between parent and child

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 and answers to questions children ask about death.

Talking about Death is a classic guide for parents helping their children through the death of a loved one. With a helpful list of dos and don'ts, an illustrated read-along dialogue, and a guide to explaining death, Grollman provides sensitive and timely advice for families coping with loss. This redesigned and updated edition explains what children at different developmental stages can and can't understand about death; reveals why it's crucial to be honest about death; helps you understand the way children express emotions like denial, grief, crying, anger, and guilt; and discusses children's reactions to different kinds of death, from the death of a parent to the death of a pet. (description taken from Amazon)

- Hannaford, Mary Jo and Popkin, Michael, Windows – Healing and Helping Through Loss

No matter what your loss--death, divorce, loss of a job, loss of a dream--there will be a grieving process. This book has two purposes: to help the person who is grieving, and to help the griever's friends and family offer support and encourage healthy coping skills. (description taken from Amazon)

- Harper, Jr., George Lea, Living with Dying – Finding Meaning in Chronic Illness

A cancer patient who has faced his own death for several years draws on his faith, emotions, and experiences to explore the role of Christian faith in the daily lives of those who are dying. A cancer patient who has faced his own death for several years draws on his faith, emotions, and experiences to explore the role of Christian faith in the daily lives of those who are dying. (description taken from Amazon)

- Hauk, Kenneth C., Christian Caregiving a Way of Life

This text will challenge and equip readers to care for others in a distinctively Christian way and help them feel comfortable talking about their faith, praying with others and trying to comfort a friend? (description taken from Amazon)

- Hauk, Kenneth C., Journeying Through Grief (four book series)

A Simple, powerful way to care for people who are grieving *Journeying through Grief* is a set of four short books to send to people at four crucial times during the first year after the loss of a loved one. Author Kenneth C. Hauk writes in a warm, caring style, with short, easy-to-read chapters. He walks alongside the reader through the grief journey, sharing helpful insights about grief, biblical truths, and stories that provide comfort and reassurance. Book 1: *A Time to Grieve* . . . sent 3 weeks after the loss Book 2: *Experiencing Grief* . . . sent 3 months after the loss Book 3: *Finding Hope and Healing* . . . sent 6 months after the loss Book 4: *Rebuilding and Remembering* . . . sent 11 months after the loss Each book focuses on what the person is likely experiencing at that point in grief—offering understanding, empathy, compassion, and hope. (description taken from Amazon)

- Book One – A Time to Grieve
- Book Two – Experiencing Grief
- Book Three – Finding Hope and Healing
- Book Four – Rebuilding and Remembering

- Hickman, Martha W., Healing After Loss – daily meditations for working through grief

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

- Hightower, Janes and Kelley, Matthew L., Out of the Depts – Your Companion through Depression and Anxiety

The *Out of the Depths* series addresses common pastoral crises in a faithful, encouraging, and factual manner that provides support to parishioners in crisis beyond the initial pastoral conversation. These inexpensive 64-page booklets can be given out to parishioners when they bring their recent diagnosis, crisis, or trauma to the pastor as a way to continue to provide care throughout the difficult season. Each booklet begins with a thoughtful consideration of the topic at hand, which is followed up by 30 brief devotions. These devotions are designed to be manageable in an overwhelming time, encouraging, and honest. This Depression and Anxiety edition is authored by Jim Hightower and features insightful devotions by Matt Kelley. The *Out of the Depths* booklets are essential care resources to be given out by pastors, Stephen Ministers, and congregational care teams.

Key Features:

Written by mental health professionals and pastors to help the reader process their trauma both psychologically and theologically.

- Includes accessible material describing the dynamics of the crisis situation and typical reactions, which provides the reader with a sense of grounding and direction through

increased knowledge.

- The thirty short devotions creates a sense of companionship and hope in a difficult and lonely time.

- Knowing they are sharing a resource written by mental health professionals and pastors with personal experience provides pastors a trustworthy source of information.

- Easy for pastors/churches to keep in stock and distribute as needed, serves as a tangible reminder of the faith community's care. (description taken from Amazon)

- Hightower, Janes and Kelley, Matthew L., Out of the Depts – Your Companion after Sexual Assault

- Karnes, Barbara (pamphlets)
 - A Place in my Heart when our Pets Die
 - A Time to Live – Living with a Life-Threatening Illness
 - Gone from my Sight – The Dying Experience
 - How do I Know You? – Dementia at the End of Life
 - My Friend, I Care – The Grief Experience
 - The Eleventh Hour – A Caring Guide for the Hours to Minutes Before Death

- Karnes, Barbara, New Rules – for end of life care

Caring for someone as they approach the end of their life is not the same as caring for someone who is going to get better. Unfortunately, most people don't know this. International Humanitarian Woman of the Year 2015, Barbara Karnes, RN created the award winning "New Rules for End of Life Care" an educational kit that teaches people how to care for their loved one during the end of their life. Whether the patient is at home, in a nursing home or hospital this kit will give you the valuable information you need to understand the dying process. Package includes 25 Minute DVD supplement and two Booklet supplements. DVD: important information on end of life care that addresses behavior changes as they pertain to food, sleep and pain management. BLUE BOOKLET: "Gone from My Sight"- Detailed account of what you should expect to see in the time approaching death from old age or disease. PINK BOOKLET: "The Eleventh Hour"- A caring guideline for the hours to minutes before death. (description taken from Amazon)

- Karnes, Kimberly Jo, I Am Standing Upon the Seashore – End of Life Education for Children (a coloring book)

The Child in all of us can relate to stories and poems because they often explore and even explain life's mysteries in a way our minds can understand. *I Am Standing Upon the Seashore* is a coloring booklet for children who have dying, death and in grief in their life, their own or someone else's. (description taken from Amazon)

- Karnes, Kimberly Jo, The Tree of Life – End of Life Education (a coloring book)

The Child in all of us can relate to stories and poems because they often explore and even explain life's mysteries in a way our minds can understand. *The Tree of Life* is a coloring booklet for children who have dying, death and grief in life, their own or someone else's. (description taken from Amazon)

- Kushner, Harold S., [When Bad Things Happen to Good People](#)

When Harold Kushner's three-year-old son was diagnosed with a degenerative disease that meant the boy would only live until his early teens, he was faced with one of life's most difficult questions: Why, God? Years later, Rabbi Kushner wrote this straightforward, elegant contemplation of the doubts and fears that arise when tragedy strikes. In these pages, Kushner shares his wisdom as a rabbi, a parent, a reader, and a human being. Often imitated but never superseded, *When Bad Things Happen to Good People* is a classic that offers clear thinking and consolation in times of sorrow. (description taken from Amazon)

- Lamott, Anne, [Almost Everything – Notes on Hope](#)

From Anne Lamott, the New York Times-bestselling author of *Dusk, Night, Dawn and Help, Thanks, Wow*, comes the book we need from her now: How to bring hope back into our lives.

"I am stockpiling antibiotics for the Apocalypse, even as I await the blossoming of paperwhites on the windowsill in the kitchen," Anne Lamott admits at the beginning of *Almost Everything*. Despair and uncertainty surround us: in the news, in our families, and in ourselves. But even when life is at its bleakest--when we are, as she puts it, "doomed, stunned, exhausted, and over-caffeinated"--the seeds of rejuvenation are at hand. "All truth is paradox," Lamott writes, "and this turns out to be a reason for hope. If you arrive at a place in life that is miserable, it will change." That is the time when we must pledge not to give up but "to do what Wendell Berry wrote: 'Be joyful, though you have considered all the facts.'"

In this profound and funny book, Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined. Divided into short chapters that explore life's essential truths, *Almost Everything* pinpoints these moments of insight as it shines an encouraging light forward.

Candid and caring, insightful and sometimes hilarious, *Almost everything* is the book we need and that only Anne Lamott can write. (description taken from Amazon)

- Langley, Kim, [Send My Roots Rain – A Companion on the Grief Journey](#)

Langley offers comfort and encouragement to those struggling with recent loss or grief, helping them find language for complex emotions, and open their hearts through poetry.

Send My Roots Rain is a companion full of stories—sometimes wry and funny, always observant and accepting—for letting grief unfold and teach us. Langley invites a keen awareness that the passage through grief is the navigation of a narrow strait, requiring patience, skill, and worthy companions. These poems can be those companions on the journey.

Langley has carefully selected 60 poems and arranged them in a meaningful arc, beginning with the shock of early grief, leading through a sensitive exploration of a new inner space. She introduces each section, encouraging the ongoing embrace of the healing power of poems, writing, and entry into the grieving process. Each poem is followed by a brief meditation and quotation, with questions for contemplation, journaling, or group discussion. (description taken from Amazon)

- Lewis, C. S., [A Grief Observed](#)

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. (description taken from Amazon)

- Lewis, C. S., [On Grief](#)

C. S. Lewis was probably the most popular Christian writer of the twentieth century, and his books are treasured by Christians and non-Christians alike. This beautifully illustrated selection draws together some of his reflections on grief and shows the qualities of intelligence, honesty, and humility which made him such a respected teacher. The writings of C. S. Lewis, particularly "A Grief Observed," written after the death of his beloved wife, Joy, have spoken to thousands in their own grief. Here is a highly intelligent and articulate man putting into words what maybe you have felt and so can recognize, the only kind of person who has the right to speak to you about grief because he is feeling it himself. This is no calm approach by a skilled counselor, but real feeling, real distress, areal bewilderment at the fear, the lethargy, the self-pity of grief.

- Lewis, C. S., [The Problem of Pain](#)

In *The Problem of Pain*, C.S. Lewis, one of the most renowned Christian authors and thinkers, examines a universally applicable question within the human condition: "If God

is good and all-powerful, why does he allow his creatures to suffer pain?" With his signature wealth of compassion and insight, C.S. Lewis offers answers to these crucial questions and shares his hope and wisdom to help heal a world hungering for a true understanding of human nature. (description taken from Amazon)

- Lusko, Levi, Through the Eyes of a Lion – Facing Impossible Pain Finding Incredible Power

What will you do when the unthinkable happens? Pastor Levi Lusko never expected that five days before Christmas, his five-year-old daughter Lenya would suddenly go to heaven after an asthma attack. Learn the eye-opening truth of the power of hope in a world that is often filled with pain, suffering, and loss.

Her parents called her Lenya Lion because of her ferocious personality and hair that had been wild and mane-like since birth, but after her sudden loss, Pastor Levi Lusko and his wife Jennie had to figure out how to walk out of an emergency room without their daughter.

In this moving memoir, Levi shares the power of hope in a world often visited by pain, suffering, and loss, urging you to view life as an adventure and encourages you to make an eternal impact.

More a manifesto for high-octane living than a manual for grieving, *Through the Eyes of a Lion* will help you turn your journey into a "roar story" by guiding you to:

- Let God turn your pain into a microphone
- Look past what you can see with the naked eye
- Understand how a good God can allow bad things
- Survive Saturday—the space between promise and fulfillment

Levi has walked through the intense, raw periods that come with grieving. Whether you're currently facing adversity or want to prepare yourself for inevitable hardship, it's time to look at the adventure of your life through Jesus' eyes—the eyes of a Lion. (description taken from Amazon)

- Mace, Nancy L. and Rabins, Peter V., The 36-Hour Day – A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias

For 40 years, *The 36-Hour Day* has been the leading work in the field for caregivers of those with dementia. Written by experts with decades of experience caring for individuals with memory loss, Alzheimer's, and other dementias, the book is widely known for its authoritative and compassionate approach to care. Featuring everything from the causes of dementia to managing its early stages to advice on caring

for those in the later stages of the disease, it is widely considered to be the most detailed and trusted book available.

Highlighting useful takeaway messages and informed by recent research into the causes of dementia, this new edition has been completely updated. It features

- brand-new content on everything from home care aides to useful apps to promising preventative techniques and therapies
- practical advice for avoiding caregiver burnout—plus tips for when and how to get additional help
- a completely new two-column design that allows readers to quickly access what they need

The central idea underlying this indispensable book—that much can be done to improve the lives of people with dementia and of those caring for them—remains the same. *The 36-Hour Day* is the definitive dementia care guide. (description taken from Amazon)

- Manning, Doug, [The Power of Presence – Helping People Help People](#)

The most important skill a professional or lay caregiver can possess is knowing how to be present for people in pain. How to be comfortable with their experience. How to get in another person's bucket. Doug takes the reader on a journey through each of the difficult transitions in life - aging, dying, grief, care giving- and outlines how to be a solid and unwavering comfort for those people in your world. (description taken from Amazon)

- Martin, John D., [I Can't Stop Crying – It's so Hard When Someone You Love Dies](#)

The death of someone close -- a spouse or partner -- can result in overwhelming grief. At the same time, society unrealistically expects people to recover from grief as quickly as possible.

I Can't Stop Crying looks at grieving as a painful but necessary process. The authors emphasize the importance of giving yourself permission to grieve and suggest steps for rebuilding your life without your loved one. They also look at how such a loss affects your relationship with family and friends, as well as your lifestyle, work habits, and hopes for the future. A useful appendix lists bereavement groups and other self-help organizations you can contact for assistance.

There is no way to lessen or quicken the grieving process. Recovery is possible only by taking the time to work through your pain. This compassionate and sensible book will help you take the first steps down that road. It can, and should, be read by anyone who has experienced a significant loss. (description taken from Amazon)

- Marty, Martin E., [A Cry of Absence – Reflections for the Winter of the Heart](#)

A respected theologian and teacher offers a meditation on the dark seasons of life, the "winter of the heart," when doubt, grief, and confusion intrude, and illuminates the possibilities of insight, strength, endurance, and hope. (description taken from Amazon)

- Mellonie, Bryan and Ingpen, Robert, [Lifetimes – The beautiful way to explain death to children](#)

When the death of a relative, a friend, or a pet happens or is about to happen . . . how can we help a child to understand?

Lifetimes is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. Lifetimes tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells about plants. About animals. About people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.

Lifetimes . . . a very special, very important book for you and your child. The book that explains—beautifully—that all living things have their own special Lifetimes. (description taken from Amazon)

- Mitchell, Kenneth R. and Anderson, Herbert, [All Our Losses All Our Grievs – Resources for Pastoral Care](#)

Grief as a lifelong human experience is the scope of this absorbing book. Kenneth Mitchell and Herbert Anderson explore the multiple dimensions of the problem, including the origins and dynamics of grief, loss throughout life, caring for those who grieve, and the theology of grieving. This examination is enriched by vivid illustrations and case histories of individuals whose experiences the authors have shared. (description taken from Amazon)

- Moore, Thomas, [The Book of Eulogies – A Collection of Memorial Tributes, Poetry, Essays, and Letters of Condolence](#)

- Morgan, Richard L., [Meditations for the Grieving](#)

- Morgan, Richard L., [At the Edge of Life - Conversations When Death is Near](#)

Drawing on 60 years of experience as pastor, hospice chaplain, volunteer, and friend to dying persons, Richard Morgan offers perspective and advice to people coping with a family member, friend, or patient who is approaching the time of death. These 30

meditations take us from accepting our own mortality and the impending death of someone we care about through "making preparations," "finding closure," and "dying moments." In each meditation Morgan uses personal stories and scripture to lead into a reflection question and prayer. The result is a sense of peace that gives readers confidence as companions to the dying. (description taken from Amazon)

- Nouwen, Henri J. M., [A Letter of Consolation](#)

Beloved author Henri Nouwen reflects on the spiritual significance of death and life in this moving meditation dedicated to "all those who suffer the pain that death can bring and who search for new life." (description taken from Amazon)

- Nouwen, Henri J. M., [In Memoriam](#)

Noted spiritual writer, Henri J. M. Nouwen, wrote a brief reflection on the death of his mother solely for a small circle of family members and friends, but was persuaded to share it with a larger audience in this published version. (description taken from Amazon)

- Rando, Therese A., [Grief, Dying and Death – Clinical Interventions for Caregivers](#)

This book provides both the theoretical background and the practical treatment interventions necessary for working with those who are bereaved or dying. Important topics such as anticipatory grief, post death mourning, and the stress of grief are described in detail. Grief reactions, both normal and abnormal, as well as their causes are analyzed. Special attention is given to grief caused by the death of a child or spouse, death by suicide, and children's grief. Numerous exercises and case examples are included. (description taken from Amazon)

- Rehm, Diane, [On My Own](#)

In a deeply personal and moving book, the beloved NPR radio host speaks out about the long-drawn-out death (from Parkinson's) of her husband of fifty-four years, and of her struggle to reconstruct her life without him.

With John gone, Diane was indeed "on her own," coping with the inevitable practical issues and, more important, with the profoundly emotional ones. What to do, how to react, reaching out again into the world—struggling to create a new reality for herself while clinging to memories of the past. Her focus is on her own roller-coaster experiences, but she has also solicited the moving stories of such recently widowed friends as Roger Mudd and Susan Stamberg, which work to expose the reader to a remarkable range of reactions to the death of a spouse.

John's unnecessarily extended death—he begged to be helped to die—culminated in his

taking matters into his own hands, simply refusing to take water, food, and medication. His heroic actions spurred Diane into becoming a kind of poster person for the “right to die” movement that is all too slowly taking shape in our country. With the brave determination that has characterized her whole life, she is finding a meaningful new way to contribute to the world.

Her book—as practical as it is inspiring—will be a help and a comfort to the recently bereaved, and a beacon of hope about the possibilities that remain to us as we deal with our own approaching mortality. (description taken from Amazon)

- Richardson, Jan, [The Cure for Sorrow](#)

When Jan Richardson unexpectedly lost her husband and creative partner, the singer/songwriter Garrison Doles, she did what she had long known how to do: she wrote blessings.

These were no sugar-coated blessings. They minimized none of the pain and bewilderment that came in the wake of a wrenching death. With these blessings, Jan entered, instead, into the depths of the shock, anger, and sorrow. From those depths, she has brought forth words that, with heartbreaking honesty, offer surprising comfort and stunning grace.

Those who know loss will find kinship among these pages. In these blessings that move through the anguish of rending into the unexpected shelters of solace and hope, there shimmers a light that helps us see we do not walk alone.

From her own path of grief, Jan offers a luminous, unforgettable gift that invites us to know the tenacity of hope and to recognize the presence of love that, as she writes, is "sorrow's most lasting cure." (description taken from Amazon)

- Roe, Gary, [Heartbroken: Healing from the Loss of a Spouse](#)

He was your love. She was your partner. Now your heart is broken.

What do you do with all the pain, confusion, and anger? What will life be like? Who are you now?

Your heart needs answers. Heartbroken can help.

Bestselling author, hospice chaplain, and grief specialist Gary Roe is a well-respected and sought-after voice in grief recovery who has been bringing hope and healing to grieving hearts for more than three decades. Gary has walked with hundreds of widows and widowers through this painful valley. From their stories he has composed this warm, practical work that will touch your heart and comfort your soul.

In this deeply personal, easy-to-read book, you will discover how to:

- Manage the up-and-down, roller-coaster emotions of grief (sadness, shock, anger, anxiety, fear, guilt, frustration, depression, etc.).
- Deal with feeling misunderstood, judged, and even rejected by those around you.
- Navigate all the relationship shifts and upheavals that occur with a close loss (relatives, friends, coworkers, neighbors, other widowed spouses, etc.).
- Find the support you need to grieve in healthy ways, heal, and grow.
- Live with purpose and meaning, even while hurting.
- Face the future with hope.

As you read, you will discover three key truths:

- You're far from alone, though you might often feel lonely.
- You're not crazy, but you are in a crazy situation compared to your old life.
- You will make it through this, even though you might wonder how.

The loss of a husband or wife is traumatic. You will never be the same, but you can heal and grow. Let Heartbroken join you on your grief journey. You'll be glad you did.
(description taken from Amazon)

- Roper, Gail, A Widow's Journey

Have you recently lost your husband? Are there days when you feel so terribly alone—and that no one else could possibly understand?

Author Gayle Roper understands. As a recent widow herself, Gayle writes:

So, who am I now that there's only one place at the table...one pillow with a head dent, one damp towel after a shower. There's only one toothbrush in the holder. The seat is never left up anymore.

I can still write Mrs. in front of my name, but I'm no longer in a marriage relationship. You need two people for a marriage, and there's only me.

Is there only you? Then join Gayle as she draws on her emotions during the loss of her beloved husband, Chuck, and offers you a compassionate devotional to encourage you through your darkest days. Gayle knows a widow's pain is deep. But she also knows God's love is deeper still. And it's in His love you'll find your deepest comfort.
(description taken from Amazon)

- Rosenberger, Peter W., 7 Caregiver Landmines – And How You Can Avoid Them

A caregiver's journey often contains beliefs and behaviors that act like emotional landmines and can cause serious damage. Avoiding these landmines, while finding a

path to safety, requires caregivers to hear from someone with experience they can trust. Author and radio host Peter Rosenberger draws upon three decades of caring for his wife through a medical nightmare to discuss seven caregiver landmines that wreak havoc in a caregiver's life. Helping them navigate to a place of safety, *7 Caregiver Landmines: And How You Can Avoid Them* equips fellow caregivers to live a healthier, calmer, and even more joyful life—because "Healthy Caregivers Make Better Caregivers!" (description taken from Amazon)

- Rosenberger, Peter W., [Hope for the Caregiver – Encouraging Words to Strengthen Your Spirit](#)

There are 65.7 million caregivers in America, making up 29 percent of the U.S. adult population. Where does the caregiver turn when dealing with their own need for encouragement and renewal? (description taken from Amazon)

- Schwiebert, Pat and DeKlyen, Chuck, [Tear Soup – A Recipe for Healing After Loss](#) (book and VHS tape)

If you are going to buy only one book on grief, this is the one to get! It will validate your grief experience, and you can share it with your children. You can leave it on the coffee table so others will pick it up, read it, and then better appreciate your grieving time. Grand's Cooking Tips section at the back of the book is rich with wisdom and concrete recommendations. Better than a casserole!

Hardbound; 56 full-color pages. Affirms the bereaved. Educates the un-bereaved. A building-block for children..... WINNER! of the 2001 Theologues Book Award, presented by the Association of Theological Booksellers. (description taken from Amazon)

- Smith, Greta, [Out of the Depths – Your Companion through Grief](#)

The *Out of the Depths* series addresses common pastoral crises in a faithful, encouraging, and factual manner that provides support to parishioners in crisis beyond the initial pastoral conversation. These inexpensive 64-page booklets can be given out to parishioners when they bring their recent diagnosis, crisis, or trauma to the pastor as a way to continue to provide care throughout the difficult season. Each booklet begins with a thoughtful consideration of the topic at hand, which is followed up by 30 brief devotions. These devotions are designed to be manageable in an overwhelming time, encouraging, and honest. The *Out of the Depths* booklets are essential care resources to be given out by pastors, Stephen Ministers, and congregational care teams.

Key features:

Written by mental health professionals and pastors to help the reader process their trauma both psychologically and theologically.

Includes accessible material describing the dynamics of the crisis situation and typical

reactions, which provides the reader with a sense of grounding and direction through increased knowledge.

The thirty short devotions creates a sense of companionship and hope in a difficult and lonely time. (description taken from Amazon)

- Thibault, Jane Marie and Morgan, Richard L., Pilgrimage into the Last Third of Life – 7 Gateways to Spiritual Growth

Do you dread growing old?

The Last Third of life, from age 60 on up, doesn't have to be feared. When viewed from a Christian perspective, this season of life can be meaningful, endurable, and even joyful, say authors Jane Thibault and Richard Morgan.

Thibault and Morgan suggest approaching the last third as a pilgrimage--a journey full of purpose, ripe with opportunities for spiritual growth.

The authors, ages 65 and 82, dig deeply into the realities of their lives and give you 7 ways to open yourself to God and the abundant life God wants for you. They address 7 gateways to spiritual growth:

Facing Aging and Dying

- Learning to Live with Limitations
- Doing Inner Work
- Living in and Out of Community
- Praying and Contemplation
- Redeeming Loss and Suffering
- Leaving a Legacy

This collection of scripture-based meditations will inspire you or someone you know to move fearlessly into the Last Third, looking forward to the opportunities this time of life can hold. The book includes reflection questions and can be used by individuals or groups for a 7-week study. (description taken from Amazon)

- Thibault, Jane Marie, A Deepening Love Affair – The Gift of God in Later Life

This book is about being loved by God and about learning how to allow readers to receive that love. *A Deepening Love Affair* shows the reader that it is never too late to become aware of God's gifts or to respond to them. It is a book that is written to enrich the spirituality of older adults who are still searching for "something more" to allow them to experience the abundance of life that Christ has promised to us. *A Deepening Love Affair* is an important work for older adults as well as for pastors, families, and

health-care providers who seek to serve, love, and care for older adults. (description taken from Amazon)

- Trozzi, Maria with Massimini, Kathy, Talking with Children about Loss – Words, Strategies, and Wisdom to Help Children Cope with Death, Divorce, and Other Difficult Times

Through captivating stories and thoughtful analysis, Maria Trozzi explains how to handle the difficult job of talking with children and adolescents about loss, with discussions about: *How children perceive and interpret events such as death, disability, and divorce *Guiding children through the four tasks of mourning *Helping children face funerals, wakes, and memorial services *Children's fears and fantasies: how they express them, and how to address them *Age-appropriate responses to children's questions and concerns *Talking to children about long-term illness, suicide, family or community tragedy, and other special situations *What to do when children won't talk about loss, and when to seek professional help "The wisdom, authenticity, and sheer presence of the author are evident from page one until the end of the beautifully written book. Terms like 'ground-breaking' and 'innovative' have been trivialized by overuse. In this case they are deserved." --Stan Turecki, M.D., author of *The Difficult Child*. (description taken from Amazon)

- Waddle, Ray, Undistorted God – Reclaiming Faith Despite the Cultural Noise

Ray Waddle encourages us to find meaning inside, sometimes despite, the contentious times we live in. He helps readers see through spiritual insecurity and distraction to see God in new places: in the sky, in writing, in walking, in music, in memory, in Gospel reading, the bread and wine, worship, the very name Jesus—and get beneath social habits or routine theological assumptions in order to find a fresh core of epiphany. (description taken from Amazon)

- Warner, Jan, Grief Day by Day – Simple Practices and Daily Guidance for Living with Loss

Supportive readings and exercises to help you move through life after loss, one day at a time.

Grief is complex; it may present itself differently on any given day. This grief recovery handbook offers daily reflections and practices that address the day-to-day emotions and experiences that accompany the grieving process so you can create a life in which peace—and even gratitude—can coexist with your grief.

Explore the stages of grief with a collection of quotes, musings, meditations, and more that are tied together by a weekly theme, allowing you to reflect on each concept in depth. Work through topics like loneliness, grief attacks, exhaustion, hope, love, and

creating meaning. You'll find opportunities to write, draw, meditate, do breathing exercises, and more as you learn to live fully with your grief.

This grief recovery handbook helps facilitate healing with:

- 365 Daily reflections—Find a year's worth of readings that can be revisited as many times as you like as you move through the grieving process.
- Weekly themes—Explore feelings and experiences common to grief, including things left unsaid, unhealthy coping mechanisms, guilt, intimacy, and faith.
- 52 Healing exercises—Discover activities that help you process your feelings at the end of each week and develop skills for coping with grief as it arises.

Make peace with your grief one day at a time with the daily readings and exercises in this standout among grief books. (description taken from Amazon)

- Weems, Ann, [Psalms of Lament](#)

Here beloved poet Ann Weems offers a poignant rendering of her own personal psalms of lament. She draws from the rich heritage of Scripture to give voice to the grief and anguish she has felt. Her words will deeply move anyone who has mourned. (description taken from Amazon)

- Westberg, Granger E., [Good Grief](#)
- Wolfelt, Alan D., [Healing a Friend's Grieving Heart – 100 Practical Ideas for Helping Someone You Love through Loss](#)

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 provides the fundamental principles of being a true companion, from committing to contact the friend regularly to being mindful of the anniversary of the death. 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. (description taken from Amazon)

- Wolfelt, Alan D., [Healing the Adult Child's Grieving Heart – 100 Practical Ideas after your Parent Dies](#)

Offering heartfelt and simple advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language, but provides

small, immediate ways to understand and reconcile grief. Some of the action-oriented tips include writing down memories, completing a task or goal left unfinished by your deceased parent, or honoring the parent's birthday. In addition, the common challenges that face grieving adult children, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed clearly and concisely. (description taken from Amazon)

- Wolfelt, Alan D., Healing a Spouse's Grieving Heart – 100 Practical Ideas after your Husband or Wife Dies

"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." (description taken from Amazon)

- Wolfelt, Alan When Your Soulmate Dies

You were one of the lucky ones. You found a partner or friend with whom you shared a deeply profound connection. You understood, opened fully to, served, and challenged one another. You were the heroes of each other's lives. You lived a grand adventure together. But now that your partner has died, what felt like luck may have turned to wretched despair. How do you go on? How do you live without your champion and other half? The answer is that you mourn as you loved: heroically, grandly, and fully. In this compassionate guide by one of the world's most beloved grief counselors, you'll find empathetic affirmation and advice intermingled with real-life stories from other halved soulmates. Learn to honor your loved one and your grief even as you find a path to a renewed life of purpose and joy. (description taken from Amazon)

- Wolterstorff, Nicholas, Lament for a Son

Well known Christian philosopher Nicholas Wolterstorff has authored many books that have contributed significantly to scholarship in several subjects. In *Lament for a Son* he writes not as scholar but as a loving father grieving the loss of his son. In brief vignettes Wolterstorff explores with a moving honesty and intensity, all the facets of his experience of this irreversible loss. Though he grieves "not as one who has no hope," he finds no comfort in the pious-sounding phrases that would diminish the malevolence of death. This book is in one sense a narrative account of events—from the numbing telephone call on a sunny Sunday afternoon that tells of 25-year-old Eric's death in a mountain-climbing accident, to a graveside visit a year later. But the book is far more than a narrative. Every event is an occasion for remembering, for meditating, for Job-

like anguish in the struggle to accept and understand. A profoundly faith-affirming book, *Lament for a Son* gives eloquent expression to a grief that is at once unique and universal—a grief for an individual, irreplaceable person. Though it is an intensely personal book, Wolterstorff decided to publish it, he says, “in the hope that it will be of help to some of those who find themselves with us in the company of mourners.” (description taken from Amazon)

- Van Der Kolk, Bessel, [The Body Keeps the Score – Brain, Mind and Body in the Healing of Trauma](#)

“Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society.” —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies

A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world’s foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers’ capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain’s natural neuroplasticity. Based on Dr. van der Kolk’s own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives. (description taken from Amazon)

- Waldron, Robert, [15 days of prayer with Henri Nouwen](#)

Henri Nouwen (1932-1996) is considered one of the greatest spiritual masters of the modern age. Born, educated and ordained in Holland, he came to America as a professor of pastoral theology. Invited by Jean Vanier to join his mission to help the handicapped, Nouwen left academia behind to become pastor of LArche Daybreak, a home for the disabled in Toronto. There, among God's wounded, he found a home and his greatest happiness. A heart attack cut short his rich life as writer, lecturer and priest.

Nouwen drew standing room only audiences, who flocked to hear his message that we are God's beloved children, that God is the One of unconditional love who loves us now, with no strings attached. His many books are arrows pointing towards this love, reminding Christians of the timeless message that Christ came into the world not to blame but to love. (description taken from Amazon)

- Vaux, Kenneth L. and Vaux Sara A., Dying Well

Drawing on the wisdom of leading medical, nursing, religious, and ethics scholars, the authors weave a narrative which shows the social conditions, medical capacities, theological beliefs, and ethical imperative's that shape our quest for graceful dying. According to the authors, dying well is to end one's days in old age, relieved of pain, surrounded by friends and family, attended by sensitive caregivers, reconciled with all persons, in justice with humanity and the world, and at peace with God. Designed for adult group study, *Dying Well* is a timely, well-researched analysis of death and dying. (description taken from Amazon)

- York, Sarah, Remembering Well – Rituals for Celebrating Life and Mourning Death

Remembering Well offers family members, clergy, funeral professionals, and hospice workers ways to plan services and rituals that honor the spirit of the deceased and are faithful to that person's values and beliefs, while also respecting the needs and wishes of those who will attend the services. It is an essential resource for anyone who yearns to put death in a spiritual context but is unsure how to do so-including both those who have broken with tradition and those who wish to give new meaning to the time-honored rituals of their faith.

The real-life stories, examples, and practical guidelines in this book address a wide array of important issues, including the difficult decisions that survivors must make quickly when a death occurs-and the sensitive topic of family alienation, where possibilities for healing, forgiveness, and hope are explored. The invaluable insights offered here will help those who grieve to prepare mind and spirit for life's final rites of passage. (description taken from Amazon)

- Zurheide, Jeffry, R., When Faith is Tested – Pastoral Responses to Suffering and Tragic Death