

## Suggested Readings and Informational Websites

### Coping Skills & General Bereavement

- *The Heart Of Grief: Death And The Search For Lasting Love.* Attig, T. (2000). New York: Oxford University Press.
- *Don't Let Death Ruin Your Life: A Practical Guide To Reclaiming Happiness After The Death Of A Loved One.* Brooke, J. (2001). New York: Plume.
- *Companion Through The Darkness.* Ericsson, S. (1993). Scranton, NJ: Harper Trade.
- *Remembering With Love: Messages Of Hope For The First Year Of Grieving And Beyond.* Levang, E. & Ilse, S. (1992). Minneapolis: Deaconess Press.
- *Forgive For Good: A Proven Prescription For Health And Happiness.* Luskin, Dr. Fred (2002). HarperCollins Publishers.
- *Don't Take My Grief Away From Me.* Manning, D. (1979). In-Sight Books. Doug Manning addresses the painful, often disorientation aftermath of the death of a loved one; helping the bereaved cope with the emotions, and confront the decisions that are an inevitable part of this time of radical life adjustment. The author provides thoughtful advice for rebuilding a grief-shattered life while taking to heart the valuable lessons death and mourning impart to everyone.
- *How To Continue Living When Someone You Love Dies.* Rando, T. (1988). New York: Bantam Books. There is no right or wrong way to grieve; there is no way around the pain of loss, but there is a way through it. Each person's response to loss will be different. In this compassionate, comprehensive guide, you are lead gently through the painful but necessary process of grieving, and helps you find the best way for yourself.
- *Forgive And Forget: Healing The Hurts We Don't Deserve.* Smedes, L. B. (1984). Pocket Books. This work is a classic on the subject, including the four stages of forgiving - forgiving people who are hard to forgive – how people forgive – why forgive? It is a wonderful companion for anyone who is suffering the loss of a cherished relationship, unable to reconcile the injustice or futility of such a loss.
- *Living Through Personal Crisis.* Stearns, A. K. (1984). Chicago: The Thomas More Press. A self-help book written for those who have to deal with loss and trauma, and their families. Explains what you may be feeling both physically and emotionally, and ways to help yourself heal.
- *The Courage To Grieve.* Tattelbaum, J. (1980). Harper & Row. The author gives us a fresh look at understanding grief, showing us that grief is a natural, inevitable human experience, including all the unexpected, intense and uncomfortable emotions like sorry, guilt, loneliness, resentment, confusion, or even the temporary loss of the will to live. The emphasis is to clarify and offer help, and the tone is spiritual, optimistic, creative and easy to understand.
- *Understanding Grief.* Wolfelt, A. D. (1992). Accelerated Development, Inc. A compassionate guide to coping with the death of someone loved. This book helps bereaved people move toward healing by encouraging them to explore their unique journeys into grief and mourning.

- Monitored online support groups

[www.griefnet.org](http://www.griefnet.org)