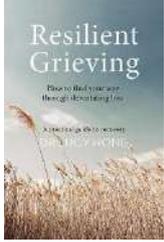
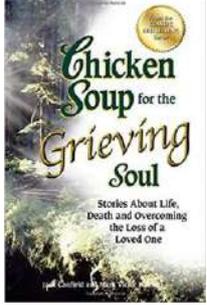
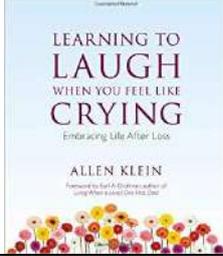
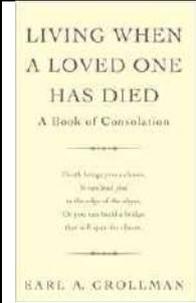
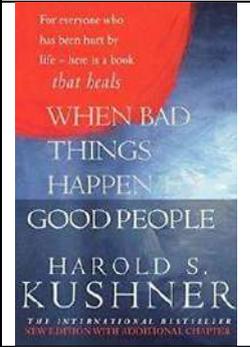
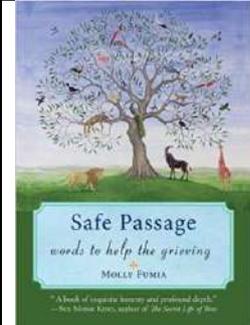
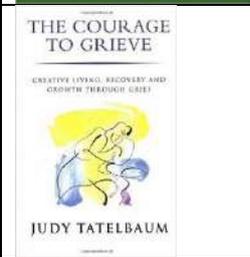
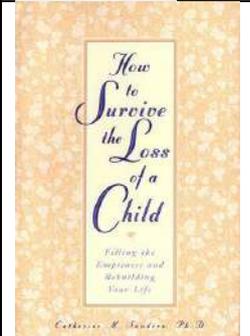
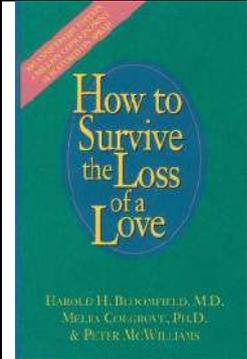
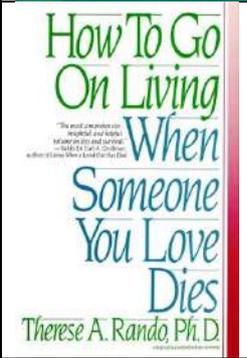
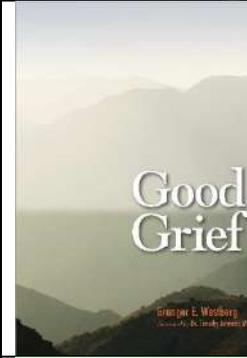
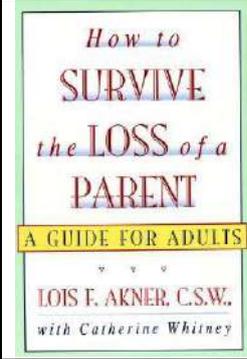
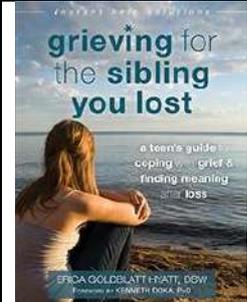
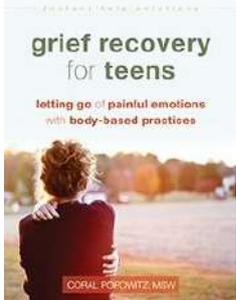
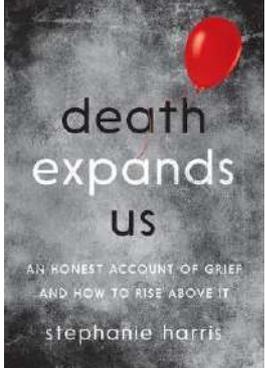
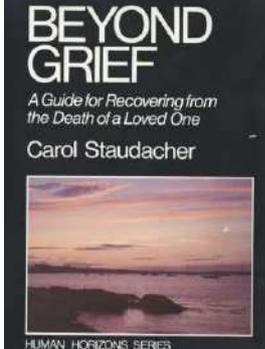
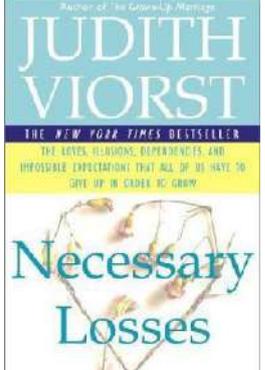


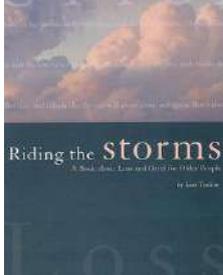
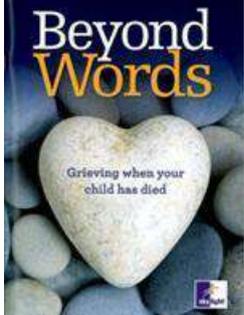
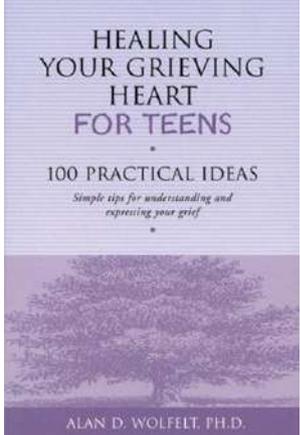
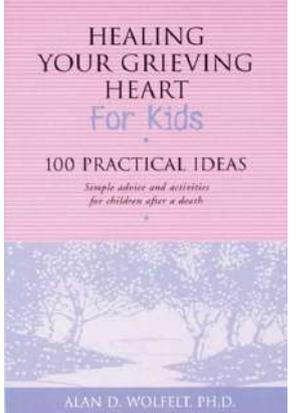
## Books on Grief and Grieving

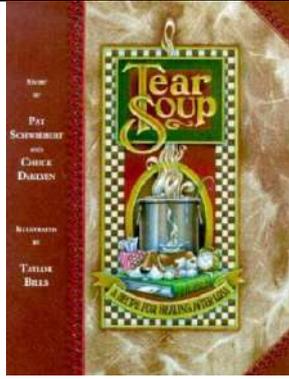
	<p><b>Resilient grieving; how to find your way through devastating loss; a practical guide to recovery.</b> By Lucy Hone (NZ)</p> <p>Dr Lucy Hone works in the field of resilience psychology, helping ordinary people exposed to real-life traumatic situations. Resilient grieving is practical, research-based guide to finding your own path to recovery from devastating loss.</p>
	<p><b>Chicken soup for the grieving soul; stories about life, death and overcoming the loss of a loved one.</b> By Jack Canfield and Mark Victor Hansen.</p> <p>Inspirational and comforting book of short stories, beginning with the early days of loss, then going through the various stages of grief and recovery.</p>
	<p><b>The many colours of grief series.</b> By Lynne Ewart and Tricia Irving Hendry (NZ Booklets)</p> <p><b>Book 1: The first days and weeks of grief</b>  <b>Book 2: As the months go by ....</b>  <b>Book 3: As the first anniversary approaches ... and beyond</b></p> <p>This series of booklets take you through the first days of loss to the first anniversary and beyond. Practical, honest, encouraging and reassuring, each booklet contains wise words, checklists and quotes in a very accessible format. Highly recommended.</p>
	<p><b>Learning to laugh when you feel like crying; embracing life after loss.</b> By Allen Klein.</p> <p>Arranged as five sensible steps, Losing, Learning, Letting go, Living and Laughing, this small book offers a series of very short stories and quotes encouraging hope and resilience.</p>
	<p><b>Grief Centre Booklets.</b> By Dr Fiona Pienaar (NZ Booklets)</p> <ul style="list-style-type: none"> <li>• <b>Grief after loss</b></li> <li>• <b>Post traumatic growth after grief and loss</b></li> <li>• <b>Grief after the loss of a child</b></li> <li>• <b>When someone you love dies; a booklet for children</b></li> <li>• <b>Grief and loss after losing your partner</b></li> </ul> <p>A series of small booklets offering practical information and insight in a very simple and straightforward way. Ideal if concentration is difficult, reading is not a strength or English is a second language.</p>

	<p><b>Living when a loved one has died; a book of consolation.</b> By Earl A. Grollman.</p> <p>This gentle book of short poems and readings would provide support and comfort to anyone dealing with loss.</p>
	<p><b>When bad things happen to good people.</b> By Harold S. Kushner.</p> <p>Rabbi Kushner shares his answers to the questioning of faith at times of pain and suffering.</p>
	<p><b>Safe Passage; words to help the grieving.</b> By Molly Fumia.</p> <p>A gentle and compassionate guide through the various stages of grief to recovery. Fumia offers insight and wisdom in a series of short meditations and reflections.</p>
	<p><b>The courage to grieve; creative living, recovery and growth through grief.</b> By Judy Tatelbaum.</p> <p>A self-help book viewing grief as a natural, inevitable part of life. Tatelbaum aims to give tools for understanding and growth.</p>
	<p><b>How to survive the loss of a child; filling the emptiness and rebuilding your life.</b> By Catherine M. Sanders.</p> <p>In this book, Sanders, a psychologist and bereaved parent, offers grieving parents practical help and emotional support. She believes that understanding the stages of grief, knowing what to expect and what may help can facilitate the process of healing through grief.</p>

	<p><b>How to survive the loss of a love.</b> By Harold H. Bloomfield, Melba Colgrove and Peter McWilliams.</p> <p>This self-help book is divided into four sections; Understanding loss, Surviving, Healing and Growing. Within each section the reader is offered a series of chapters, many arranged as bullet point lists of hints or reflections. Clear, simple and comforting information and wisdom for a time when concentration may be difficult.</p>
	<p><b>How to go on living when someone you love dies.</b> By Therese A. Rando.</p> <p>In this compassionate, comprehensive guide, bereavement specialist, Dr Therese A. Rando, Ph.D., leads you gently through the painful but necessary process of grieving. Arranged in five sections, Learning about grief, Grieving different forms of death, Grieving and your family, Resolving grief and Getting additional help, this book offers comfort and guidance to help accept a loss and move on to a new life.</p>
	<p><b>Good Grief.</b> By Granger E. Westberg.</p> <p>This small book is a faith-based guide to understanding and healing after a loss. Westberg identifies ten stages of grief and offers insight and comfort through the grief journey.</p>
	<p><b>How to survive the loss of a parent; a guide for adults.</b> By Lois F. Akner with Catherine Whitney.</p> <p>Therapists Akner and Whitney say they offer no high-minded rules for grieving. The book is almost like a conversation and shares the experiences of others. Offering solace and insight, this is an accessible and wise guide to dealing with the loss of a parent.</p>
	<p><b>Grieving for the sibling you lost; a teen's guide to coping with grief and finding meaning after loss.</b> By Erica Goldblatt Hyatt.</p> <p>A clear, helpful book, this is useful not only for teens grieving the loss of a sibling but also for parents of adolescents. Written in a simple way, it provides tips, tools, and coping strategies on how to find hope and meaning after a sibling loss.</p>

	<p><b>Grief recovery for teens; letting go of painful emotions with body-based practices.</b> By Coral Popowitz.</p> <p>A comprehensive resource offering a delicate balance between clear wisdom, concrete activities, and heartfelt stories. Popowitz looks at the impact of grief on mind, body and heart, and gives wisdom and advice on what teens can do to relieve their physical and emotional pain.</p>
	<p><b>The grieving teen; a guide for teenagers and their friends.</b> By Helen Fitzgerald.</p> <p>Fitzgerald, a grief counsellor, guides teens through everything from the diagnosis to the funeral, from the first day back at school to the first anniversary of the death. Above all, she lets teens know that even in their darkest hour, they are not alone. This compassionate guide aims to give them the tools they need to work through their pain and grief.</p>
	<p><b>Death expands us; an honest account of grief and how to rise above it.</b> By Stephanie Harris (NZ)</p> <p>Death Expands Us offers much more than coping methods and comforting spiritual balms. With insight, honesty, and grace, Harris maps a clear pathway that we can follow through a harsh, unfamiliar landscape of personal grief. She shares common experiences and offers helpful strategies and compassionate guidance that will enable us to emerge even stronger on the other side. Stephanie Harris is a growth coach and bodywork therapist who specializes in grief management and recovery.</p>
	<p><b>Beyond grief; a guide to recovering from the death of a loved one.</b> By Carol Staudacher.</p> <p>This is the complete guide for anyone surviving the death of a loved one. Written for both the bereaved and the helping professional, it combines supportive personal stories with a step-by-step approach to recovery.</p>
	<p><b>Necessary losses; the loves, illusions, dependencies and impossible expectations that all of us have to give up in order to grow up.</b> By Judith Viorst.</p> <p>A book that is both life-changing and life-affirming, this is a classic on love, loss and letting go. The author argues persuasively that through the constant losses in our lives, we gain deeper perspective and greater wisdom and maturity.</p>

	<p><b>Riding the storm; a book about loss and grief for older people.</b> By Lois Tonkin (NZ)</p> <p>This helpful booklet looks at these common losses and suggests ways for people to deal with them. Comfort and wisdom in an easy to read format.</p>
	<p><b>Beyond words; grieving when your child has died.</b> By Andrew Thompson and Tricia Irving Hendry (NZ)</p> <p>Beyond Words is a handbook that features the honest words, perspectives and suggestions of many bereaved parents. It also offers useful information about managing grief, support options and ideas that may be helpful on the grief journey. It is comforting, encouraging, informative and practical.</p>
<h3>Books for Children and Teenagers</h3>	
	<p><b>Healing your grieving heart for teens - 100 practical ideas; Practical tips for understanding and expressing your grief.</b> By Alan Wolfelt.</p> <p>In this compassionate book for grieving teenagers, Wolfelt speaks honestly and straightforwardly to teens, affirming their thoughts and feelings and giving them dozens of teen-friendly ideas for understanding and coping with their grief.</p>
	<p><b>Healing your grieving heart for kids – 100 practical ideas; Simple advice and activities for children after death.</b> By Alan Wolfelt.</p> <p><i>Written for young and middle readers (6-12 years) grieving the death of a loved one. The text is simple and straightforward, teaching children about grief and affirming that their thoughts and feelings are not only normal, but necessary.</i></p>



**Tear Soup; a recipe for healing after loss.** By Pat Schwiebert and Chuck DeKlyen

In this modern-day fable, a woman who has suffered a terrible loss cooks up a special batch of "tear soup," blending the unique ingredients of her life into the grief process. Along the way she dispenses a recipe of sound advice for people who are in mourning.

A deceptively simple "children's book" about loss and grief that is so profound, layered, and moving that it seems like it's written as much for grieving adults as it is for children. Best suited for 9+.

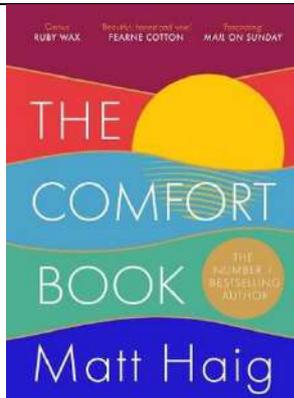


**Grief on the run; how active grieving helped me cope with devastating loss.** By Julie Zarifeh

Julie Zarifeh shares the tragic story of losing her 27-year-old son, Sam, in a whitewater rafting accident just sixteen days after her 60-year-old husband, Paul, died of pancreatic cancer.

She describes how she and her surviving son and daughter dealt with this double whammy and how she embraced the notion of 'active grieving'.

Julie's account of learning to live with grief, plus her experience as a clinical psychologist, make this an inspirational and ultimately uplifting read.



**The comfort book.** By Matt Haig

While this book is not specifically about grief, it is useful for anyone who has found themselves at a low ebb and needs a message of hope that things can and will get better. It is a collection of short and long chapters, lists, quotes, case studies and even the occasional recipes - all with the theme of connection. Everything is connected to everything else – hope to despair, pain to joy and so on. It also reminds us repeatedly that the simple fact of our existence is a reason for hope and joy, that we don't need to try to be anything other than what we are, or meet anyone else's expectations.