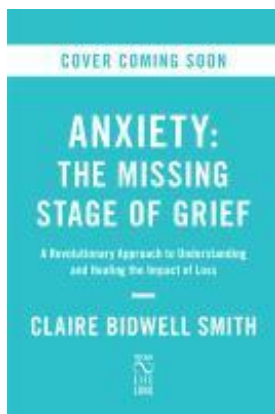


The aftergrief : finding your way along the long arc of loss
by Hope Edelman

155.9 EDE

A validating new approach to the long-term grieving process that explains why we feel "stuck," why that's normal, and how shifting our perception of grief can help us grow--from the New York Times bestselling author of Motherless Daughters.

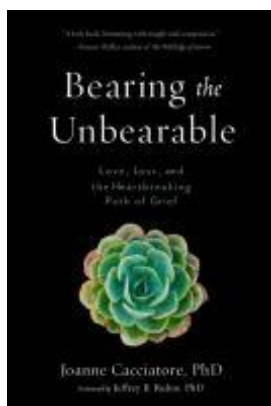


Anxiety, the missing stage of grief : a revolutionary approach to understanding and healing the impact of loss

by Claire Bidwell Smith

155.9 SMI

Anxiety disorders are on the rise; many people are looking for resources to help them cope with anxiety, yet most people aren't aware that unresolved grief is a primary underpinning--or that the two are related at all.

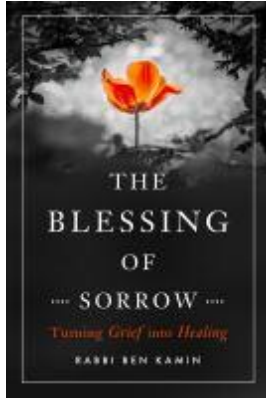


Bearing the unbearable : love, loss, and the heartbreaking path of grief

by Joanne Cacciatore

155.9 CAC

Organized into fifty-two short chapters, Bearing the Unbearable is a companion for life's most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity. Dr. Joanne Cacciatore--bereavement educator, researcher, Zen priest, and leading counselor in the field--accompanies us along the heartbreaking path of love, loss, and grief. Through moving stories of her encounters with grief over decades of supporting individuals, families, and communities--as well as her own experience with loss--Cacciatore opens a space to process, integrate, and deeply honor our grief.

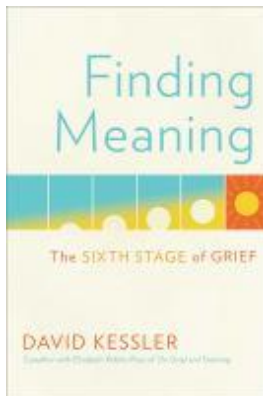


The blessing of sorrow : turning grief into healing

by Ben Kamin

296.7 KAM

An empathetic look at the grieving process providing a path to acceptance and peace for those who must continue their life journey after a loved one dies.

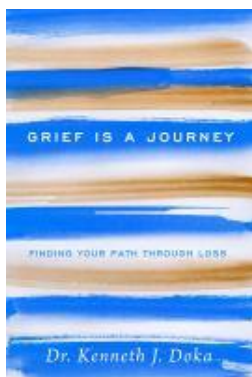


Finding meaning : the sixth stage of grief

by David Kessler

155.937 KES

Many people look for "closure" after a loss. Kessler argues that it's finding meaning beyond the stages of grief most of us are familiar with--denial, anger, bargaining, depression, and acceptance--that can transform grief into a more peaceful and hopeful experience.



Grief is a journey : finding your path through loss

by Kenneth J Doka

155.9 DOK

There is no "one-size-fits-all" way to cope with loss. Grief Is a Journey is the first book to overturn the prevailing, often judgmental, ideas about grief, and replace them with a hopeful, inclusive, personalized, and research-backed approach.

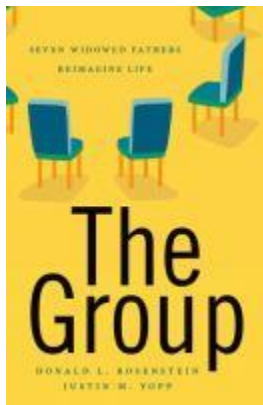


Grief works : stories of life, death, and surviving

by Julia Samuel

155.937 SAM

Death affects us all. Yet it is still the last taboo in our society, and grief is still profoundly misunderstood. Julia Samuel, a grief psychotherapist, has spent twenty-five years working with the bereaved and understanding the full repercussions of loss. In *Grief Works*, Samuel shares case studies from those who have experienced great love and great loss—and survived. People need to understand that grief is a process that has to be worked through, and Samuel shows if we do the work, we can begin to heal.

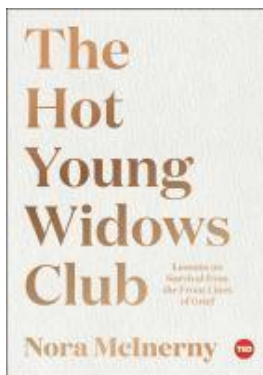


The group : seven widowed fathers reimagine life

by Donald Rosenzweig

155.9 ROS

The Group offers a singular perspective on grief by weaving together the latest thinking on bereavement, resiliency and post-traumatic growth with the true story of seven men who were raising children on their own after the deaths of their wives. The men connected with each almost immediately, and over the next several years forged a deep bond as their monthly meetings evolved into a forum for healing and personal reinvention that transformed them in unexpected ways.



The Hot Young Widows Club : lessons on survival from the front lines of grief

by Nora McInerny

155.937 MCI

The Hot Young Widows Club has taught me everything I know about survival and love and what that annoying buzzword resilience really means. It's a club I hope you never join. A club that is not worth the price of admission. And a club whose doors I am cracking open—just a smidge—for you. Because there are some truths that are evident: that we are all doing our best, that our best is hardly ever good enough, and that not everything is going to be okay.

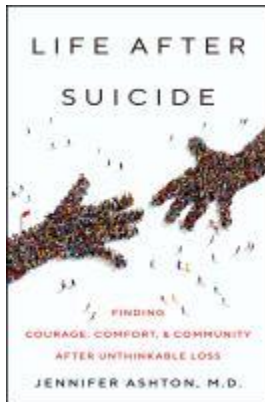


Notes for the everlost : a field guide to grief

by Kate Inglis

155.6 ING

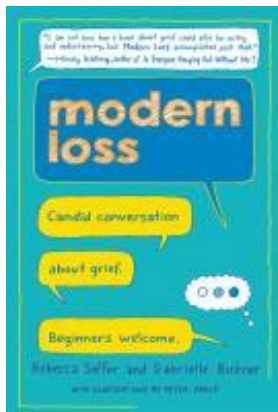
Part memoir, part handbook for the heartbroken, this powerful, unsparing account of losing a premature baby will speak to all who have been bereaved and are grieving, and offers inspiration on moving forward, gently integrating the loss into life



Life after suicide : finding courage, comfort & community after unthinkable loss

by Jennifer Ashton
362.28 ASH

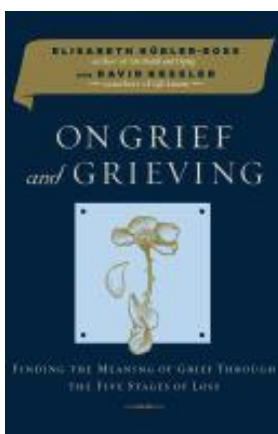
From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that's been taboo for far too long, providing support, information, and comfort for those attempting to make sense of their loss and find a way to heal.



Modern loss : candid conversation about grief : beginners welcome

by Rebecca Soffer
155.9 SOF

Inspired by the website that the New York Times hailed as redefining mourning, this book is a fresh and irreverent examination into navigating grief and resilience in the age of social media, offering comfort and community for coping with the mess of loss through candid original essays from a variety of voices, accompanied by gorgeous two-color illustrations and wry infographics.



On grief and grieving : finding the meaning of grief through the five stages of loss

by Elisabeth Kübler-Ross
155.937 K

In a landmark new book, completed shortly before her death, the iconic author of *ON DEATH AND DYING* teams with David Kessler to provide a deeply empathetic and accessible guide for those in grief.



What to do when I'm gone : a mother's wisdom to her daughter

by Suzy Hopkins

155.937 HOP

An illustrator and writer created this heartfelt manual of quirky, colorful step-by-step instructions and advice from her mother to follow after she is no longer alive to provide it, from choosing a life partner to baking a quiche.

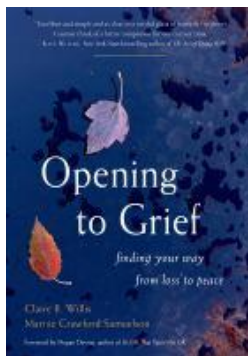


Once more we saw stars

by Jayson Greene

155.9 GRE

Two-year-old Greta Greene was sitting with her grandmother on a park bench on the Upper West Side of Manhattan when a brick crumbled from a windowsill overhead, striking her unconscious. She is immediately rushed to the hospital. Once More We Saw Stars begins with this event, leading the reader into the unimaginable. But although it begins with the anguish Jayson and his wife Stacy confront in the wake of their daughter's trauma and the hours leading up to her death, it quickly becomes a narrative that is as much about hope and healing as it is about grief and loss. Jayson recognizes, even in the very midst of his ordeal, that there will be a life for him beyond it--that if only he can continue moving forward, from one moment to the next, he will survive what seems unsurvivable.



Opening to grief : finding your way from loss to peace

by Claire B. Willis

155.937 WIL

All of us experience loss. Some of us have lost a spouse, or a child, our parents, a beloved pet, a dear friend, or neighbor. In the pandemic, we have lost hundreds of thousands of lives in the United States and around the world. Many of us have lost our livelihoods. All of us have lost our familiar daily routines and textures of work, family, and community. And the losses are not over. Opening to Grief is a companion to this tender time.

With the demeanor and tone of a loving friend, the authors offer an invitation to grieve fully, to turn toward your emotions and experiences however they arise, and to follow your own path toward healing.



The way through the woods : on mushrooms and mourning

by Litt Woon Long

579.6 LON

Long Litt Woon met Eiof a month after arriving in Norway from Malaysia as an exchange student. They fell in love, married, and settled into domestic bliss. Then Eiof's unexpected death at fifty-four left Woon struggling to imagine a life without the man who had been her partner and anchor for thirty-two years. Adrift in grief, she signed up for a beginner's course on mushrooming—a course the two of them had planned to take together—and found, to her surprise, that the pursuit of mushrooms rekindled her zest for life. This is the story of parallel journeys: an inner one, through the landscape of mourning, and an outer one, into the fascinating realm of mushrooms—resilient, adaptable, and essential to nature's cycle of death and rebirth. From idyllic Norwegian forests and urban flower beds to the sandy beaches of Corsica and New York's Central Park, Woon uncovers an abundance of surprises often hidden in plain sight. Along the way, she discovers the warm fellowship of other mushroom obsessives, and finds that giving her full attention to the natural world transforms her, opening a way for her to survive Eiof's death, to see herself anew, and to reengage with life.