

Library Books & Resources Available through Mourning Hope's Lending Library:

**Section: Adult Books**

**Topic: Loss of Lifemate**

Title	Author (Last Name)	Description
Being a Widow	Caine	For women facing the loneliness and stress of widowhood, here is a self-help book of the very best kind, filled with practical and reassuring advice for every stage of recovery. Caine, author of the best-selling "Widow," offers comfort and guidance.
Chicken Soup for the Single's Soul	Canfield	This book celebrates the joys and challenges of living life single will be a source of inspiration, laughter and wisdom. With chapters on Love, Single Parenting, Dating, Family and Friends, Finding Your Mate, Overcoming Obstacles and Single and Happy, readers will relate to each of these stories no matter what their situation or stage of life.
Doors Close, Doors Open	Lieberman	Drawing on years of research and interviews with hundreds of widows and widowers, a distinguished psychologist discusses the grieving and recovery process, explaining how the widowed create new lives, develop a new sense of self, and discover new strengths within themselves.
Finding Your Way after Your Spouse Dies	Felber	Marta Felber offers a voice that is caring, hopeful, and always pointing ahead to a tomorrow that will be a little easier than today. Having experienced her own spouse's death, Felber is never glib or simplistic. She knows the grief her readers are feeling, and she encourages them to give it full expression. At the same time, she offers sound, practical suggestions on how to navigate difficult days.
When A Lifemate Dies	Heinlein	Many grieving mates feel isolated. Friends and family want to help ease the pain, but don't know what to do. This moving collection of heartfelt stories, poems, essays, and journal entries recounts the real experiences of real people who have had to deal the loss of a life

		mate.
--	--	-------