



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

Section: Adult Books
Topic: Healing

Title	Author (Last Name)	Description
A Garden of Love & Healing	Olson	This book is filled with information to help you create memorial gardens. Learn about the symbolism of plants, and how to plan and prepare gardens. Read stories of memory gardens throughout the world.
A Time To Grieve	Staudacher	A collection of truly comforting, down-to-earth thoughts and meditations -- including the authentic voices of survivors -- for anyone grieving the loss of a loved one.
After Goodbye	Menten	The perfect companion to Gentle Closings, "After Goodbye" explains how to begin life again after the death of a loved one, By taking into account the most common elements of the grieving process, this sensitive guide to moving on teaches the bereaved how to work their way through the pain and back to life. With touching personal accounts and honest answers to difficult questions, "After Goodbye" is a valuable resource for easing the pain of loss.
Being a Wounded Healer	Smith	A Spiritual Model of Care is presented to complement the Medical Model of Care. The Spiritual Model emphasizes finding meaning and value in the midst of pain and suffering, especially when the pain and suffering cannot be relieved.
From Hurting to Happy	Bartocci	In this comforting, encouraging, believable book Bartocci weaves her own story and those of many others to create a rich and

		inspiring tapestry of people who have grown through loss and found joy on the other side. The ten chapters gather together stories that describe different kinds of good-byes and how we can find out way through them. Each story is accompanied by "A helping hand," section that offers practical and proven ways to acknowledge and grow through life's many good-byes.
Gentle Closings	Menten	Our very successful edition of "Gentle Closings" has helped thousands of readers deal with grief in all its stages. This edition shares insights into the processes of acceptance, forgiveness, and recovery. By breaking down the experience of saying goodbye into steps and helping the reader through each one, nationally recognized grief worker Ted Menten eases the pain of dealing with the death of a loved one, and lets the healing process begin.
Grief Dreams	Wray	A program for using dreams as a tool for healing loss The universal experience of grief dreams can help us heal after the death of a loved one. T.J. Wray and Ann Back Price show how dreams can be uplifting, affirming, consoling, and inspiring. The authors guide readers in ways to understand and value their dreams, how to keep a grief dream journal, and how to use dreams as tools for healing and consolation. This book is designed to help mourners reclaim some measure of power in navigating the most difficult journey of their lives.
Healing a Child's Grieving Heart	Wolfelt	Addressed in Healing a Child's Grieving Heart is what to expect from different ages of grieving young people, and how to provide safe outlets for children and teens to express emotion.
Healing a Friend's Grieving Heart	Wolfelt	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.
Healing a Parent's Grieving Heart	Wolfelt	Offers 100 fresh ideas for supporting a grieving friend or family member. Turn to any page and seize the day by helping your friend today. Covers common challenges such as dealing with marital stress, helping surviving siblings, dealing with hurtful advice from others and exploring feelings of guilt.

Healing a Teen's Grieving Heart	Wolfelt	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.
Healing After Loss	Hickman	Daily meditations for working through grief. A dated meditation for each day of the year. Strength and comfort can be found in these inspirational words.
Healing Grief at Work	Wolfelt	With a gentle and considerate style, this handbook explores what happens when grief and the workplace meet, and the drastic effects of grieving on employees, their performance, and the overall workplace environment. Touching on the different kinds of grief workers can experience, such as death, divorce, and layoffs, the effective ways to channel grief during the workday, how to support coworkers who mourn, participation in group memorials, and negotiating appropriate bereavement leave, this concise and practical resource gives both ideas for the mourner and the mourner's coworkers.
Healing Into Life and Death	Levine	In preparing for death, many were being healed. Levine also noticed that those who became physically well were often in better health than they had been before. Further study led him to conclude that the physical healing was a by-product of a new balance of mind and heart. Vivid case histories of patients are used to illustrate how individuals learned to let go, become open to life, and stop struggling against illness, pain, and death. Levine discusses meditation and how to use it to "heal into life and death."
Healing the Adult Child's Grieving Heart	Wolfelt	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.
Healing the Grieving Child's Heart	Wolfelt	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 <i>not</i> 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.
Healing Your Grieving Heart	Wolfelt	When someone we love dies, we must express our grief if we are to heal. This book offers practical, here-and-now suggestions for helping yourself mourn. Turn to any page and take a small step toward healing. "Sometimes your friends want to support you but don't know how."
Healing Your Grieving Heart for Kids	Wolfelt	100 Practical Ideas for Kids. Simple advice and activities for children after a death. "Talking to other grieving kids can feel really good. It helps you know that you're not the only one. You'll make friends and get some good ideas for living with your grief."
Healing Your Grieving Heart for Teens	Wolfelt	100 practical ideas- simple tips for understanding and experiencing your grief. Offers 100 practical, realistic ideas and teen-friendly suggestions. It's simple, easy-to-use format makes it an ideal resource for teenagers coping with grief.
Healing Your Traumatized Heart	Wolfelt	Dealing with grief in a practical manner, this guide offers compassionate tips for those affected by a traumatic death. Included are topics such as coping with family stress, expressing feelings of hurt and anger, dealing with hurtful comments, and exploring feelings of guilt. Each of the 100 suggestions is aimed at reducing the confusion, anxiety, and huge personal void in order to help survivors begin their lives again.
Honoring the Memory	Boulden	A mini workbook/memory booklet, this guide will help clarify many feelings after a loved one has died. Thought-provoking questions, sensitive advice, and comforting quotes invite the reader to write responses in the spaces provided.
Holiday Hope Remembering Loved Ones During Special Times of the Year	Hestekin	Mother's Day, Father's Day, Memorial Day, Thanksgiving, anniversaries, and birthdays can be difficult for those whose loved one dies. Advice, activities, essays, stories, poems and music to help us cope during these special times.

How to Survive the Loss of a Love	Colgrove	One of the most directly helpful books on the subject of loss ever written, the first edition of this comforting and inspiring book, published in 1976, sold nearly two million copies. This completely revised and expanded edition encompasses not only the medical and psychological advances in the treatment of loss, but also the authors' own experiences.
How Will I Get Through The Holidays?	Miller	Miller presents twelve reassuring thoughts to help people of all ages through holidays after the loss of a loved one. Consoling quotations and suggestions serve as a guide and companion for any significant occasion.
I Wasn't Ready to Say Goodbye	Noel	Provides a valuable anchor for the griever who faces the challenges of sudden loss and needs to rebuild their life. Includes grief recovery exercises.
Living When A Loved One Has Died	Grollman	If someone you know is grieving, this book can help. It explains what emotions to expect when mourning, what pitfalls to avoid, and how to work through feelings of loss. Suitable for pocket or bedside, this gentle book guides the lonely and suffering as they move through the many facets of grief, begin to heal, and slowly build new lives.
Living with Loss, Healing with Hope	Grollman	In <i>Living with Loss, Healing with Hope</i> , Grollman speaks directly to mourners of the Jewish faith. By weaving quotations from sacred texts and from Jewish writers and philosophers into his comforting and expert prose, Grollman guides readers through the journey of mourning, healing, and hope.
My Son...My Son...	Bolton	The personal story of a son's suicide. It is the story of a devastating tragedy and triumph. Parents will find comfort and understanding in this compassionate book. "My hope is that I might add a dimension to the healing of others through affirmation of themselves and their own process, or through renewed hope of survival."
No Time for Goodbyes	Lord	Survivors grieving the tragic death of a loved one will find here deep understanding and insight as well as detailed practical information on dealing with legal and financial issues. Eloquent comments from survivors are combined with the author's many years of research and experience to make this an incredibly helpful resource.
Remembering With Love	Levang	Here is a poignant, insightful and inspirational collection of over 300 short pieces that are messages of hope to bereaved persons. They

		remind us that hope is possible while traveling the journey through grief.
The Comfort Book for Those Who Mourn	Shaw	Soothing words and encouraging verses to help people who have lost a loved one. Four sections are included: Facing the Unknown; Grieving; Consolation and Inspiration; and The Journey to Recovery.
The Healing Sorrow Workbook	Mayo	Peg Elliott Mayo, a Jungian psychotherapist and social worker, posits that the goal of grief work is not merely a reduction of sadness but a recaptured ability to experience pleasure. She presents 40 exercises — including mantra chanting, journal writing, and dream decoding — that have worked for hundreds of her clients.
Unattended Sorrow	Levine	Whatever the source of one's sense of loss, Levine argues that grief must be thoroughly worked through, or it can lead insidiously to addiction, clinical depression, and other physical complaints. Borrowing heavily from Buddhist teachings, Levine recommends mindfulness meditation as one of several paths to reaching relief through "self-mercy."
Winter Grief, Summer Grace	Miller	James Miller has written this book for those who are in the passage of grief. It is replete with poetry, reflection, and color photographs of nature scenes that communicate peace and quiet assurance. The promise is that God walks alongside the stricken.