

Death, Dying & Grief Loaner Library Book List



Table of Contents

Spiritual Grief Books.....	1
Children's Grief Books....	5
Adult Grief Books.....	8
Care giving Books.....	12
Miscellaneous books.....	14

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Spiritual Grief Books

Albom, Mitch. Five People You Meet in Heaven

This story is about 83-year-old Eddie, the head maintenance person at Ruby Point Amusement Park. As the novel opens, readers are told that Eddie, unsuspecting, is only minutes away from death as he goes about his typical business at the park. Then Eddie travels through his tragic final moments, his funeral, and the ensuing days as friends clean out his apartment and adjust to life without him. Albom flashes back to Eddie's birthdays, telling his life story as a kind of progress report over candles and cake each year. Eddie then goes into heaven where he encounters five pivotal figures from his life. Each person has been waiting for him in heaven, and, as Albom reveals, each life (and death) was woven into Eddie's own in ways he never suspected. Through them Eddie understands the meaning of his own life even as his arrival brings closure to theirs.

Alvarez, A. A Savage God: A Study of Suicide

The aims of this fascinating, compassionate book are broadly cultural and literary, though the narrative is rooted in personal experience. "To write a book about suicide . . . to transform the subject into something beautiful--this is the forbidding task that Alvarez set for himself. . . . He has succeeded."

Anderson, Joan. An Angel to Watch Over Me

Anderson has accumulated these angel stories from a variety of sources, from written accounts and from oral narratives. The stories of children's encounters with angels suggest that these incidents happen under the most ordinary circumstances, as when an angel appears at a school play, or over an infant's crib, or to a troubled student in a library. The miraculous encounters include a surfing angel who pulls a child from deep water and then disappears. Many of the stories close with a moralistic message from Anderson or a biblical quote. Poems, songs, and other angelic messages dot the text along with sweet drawings.

Anderson, Megory. Sacred Dying: Creating Rituals for Embracing the End of Life

Death may be inevitable, but dying alone or in fear does not have to be. Anderson includes a section with many prayers and poems from various traditions, and shows how to use personalized and creative rituals to help those dying prepare for their death and to bring a sense of peace, reconciliation, and acceptance both to themselves and to the loved ones they leave behind. She discusses all aspects of this final transition, including how to help a dying person put "unfinished business" to rest; using massage to help the dying let go of his or her body; and how to use music to help the dying focus on specific times, places, or events.

Arnold, Johann Christoph. I Tell You a Mystery

This best-selling volume addresses fears every human faces - vulnerability, illness, aging, and dying. Yet at its core this book is more about living than dying. Arnold says living for a cause greater than ourselves enables us to face eternity with the strength that comes from faith. Drawing on stories of people he has known and counseled as pastor, relative, or friend, Arnold shows how suffering can be given meaning, and despair overcome. He offers the assurance that even today, in our culture of isolation and death, there is hope. As you read, you'll meet individuals who lived life to the fullest by serving others.

Barnes, Emilie. Safe in the Father's Hands

Offer a refuge of beauty and comfort to a friend needing encouragement. Emilie Barnes openly shares from her personal battle with illness and offers hope to others. Soft pastel flowers and graceful birds lovingly painted by Carolyn Shores Wright provide the ideal setting for this gift of comfort.

Batzler, Louis Richard. Sunlight and Shadows

Human life is a journey through sunlight and shadows. Persons experience joy and sorrow, success and failure, pleasure and pain in their journey. How persons respond to the light and darkness greatly determines the meaning and course of their life and also influences the lives of many others, those living and those yet unborn. *Sunlight and Shadows* is a story of one person's journey and response to the light and darkness. It is a journey of pathos, pain and patient, of commitment and compassion, of priorities and purpose, of faith and fortitude, of death and dying. The story depicts those qualities of life so important for the wholeness of humanity. .It is a story of one life that provides a beacon of light and hope for those who are looking for guidance and direction in their life and for those who are walking in the darkness of depression or despair and who are moving into the valley of the shadow of death.

Batzler, Louis. Through the Valley of the Shadow

The theme of this book is that death informs life and that to face death, loss, and grief is to face life. This work is practical and inspirational, valuable for caretakers and anyone concerned with death, dying, and bereavement. Included are such issues as attitudes and responses of the dying, children and death, life after death, grief, and exercises for coping with one's own death.

Burnham, Sophy. A Book of Angels

This beautiful volume tells not only the extraordinary true stories of present-day encounters with angels, but also traces the understanding and study of angels throughout history and in different cultures. What do angels look like? Whom do they choose to visit? Why do they appear more often to children than to adults? An eloquent report from the place where earth and heaven meet, *A BOOK OF ANGELS* is a quest into mysteries and a song of praise to life.

Chambers, Oswald. The Shadow of an Agony: The Highest Good

This careful look at the Psalms, the Gospels, and Paul's letters leads believers to greater understanding and a deepened faith.

Cone, Clyde. God Why Me?

This can happen to your family. Over 30 percent of the people in the USA will have cancer sometime in their life. Maybe this book will prepare you to face the cancer problem if you are among the unlucky. *God, Why Me?* Is a true story of the occurrence of cancer without warning to a middle class family. An older husband with a heart problem provides for a younger wife on his doctor's advice. Suddenly, a normal, healthy woman discovers she has lung cancer. This solidifies the family as a group to pray and fight the battle of cancer. This is Dorothy's story from the first x-ray until the sudden unexpected peaceful end. A story of how the average American reacts and how little we actually know.

Cowman, Mrs. Charles E. Streams in the Desert

First published in 1925, Mrs. Cowman's *Streams in the Desert* is a masterful compilation of inspirational writings from a variety of sources. She collected these works during the dark time in her life when her beloved husband, Charles, was terminally ill. Her devotional has brought comfort and encouragement to millions of people around the world who also face difficult times. Now a new generation of readers can discover the rich, timeless encouragement and inspiration - in language they can easily understand.

Darden, Hunter. Tapestry: A Story of the Healing of the Soul.

Tapestry is the saga of the heart and soul as they journey together and meet at a crossroads to form the ultimate love story. It is Olivia's personal journey of self-discovery through a lifetime of grief resolution. It culminates into the beauty of love at its finest when Olivia finds real love all because of a simple sentence, a dove, and an unexpected letter. The floodgate to her heart opens wide and Olivia's scarred heart is, at long last, able to love and to allow herself to be loved. She discovers that it is the beauty of love that becomes nourishment for her soul.

Dobson, James. When God Doesn't Make Sense

Dobson offers assurance of God's constant care, even when circumstances are beyond our comprehension.

Fintel, William and McDermott, Gerald. Dear God, It's Cancer

Combining the hands-on experience of a medical doctor with the wisdom and compassion of a theologian, *Dear God, It's Cancer* examines the medical, emotional, and financial needs of patients, as well as their deeper spiritual concerns.

Graham, Billy. Angels, God's Secret Agents

Dr. Billy Graham says, "Angels have a much more important place in the Bible than the devil and his demons." In this classic, Dr. Graham combines the fascinating experiences of those who are certain they have been attended by angels with what the Bible says about angels from on high. Here is ringing assurance to all Christians that through angels God is present for His People. We can take comfort in the fact that, with the host of angels at God's call, we are not alone. Be encouraged by this mini book on God's Secret Agents.

Graham, Billy. Facing Death and the Life After

Our culture trains us to prepare for almost everything but death. How can we know what awaits us beyond this life? In this provocative book, Billy Graham answers many questions about the process of dying and about life after death. Practical and poignant, Graham offers peace and assurance for facing our final days on earth.

Graham, Billy. Hope for the Troubled Heart

Filled with unforgettable stories of real-life people and irrefutable lessons of biblical wisdom, *Hope for the Troubled Heart* inspires and encourages you with God's healing and strengthening truths. It shows you how to cope when your heart is breaking, how to pray through your pain, how to avoid the dark pit of resentment and bitterness, and how to be a comforter to others who hurt. You'll be reminded that "before we can grasp any meaning from suffering we must rest in God's unfailing love." And you'll find the "joy to be discovered in the midst of suffering."

Gray, Alice. Pleasant Place

Alice Gray's compilation of heartwarming stories of goodness and cheer inspire you to spread some sunshine, like ripples in a pond ... and be encouraged in the process. Elegantly illustrated in vivid watercolors by the gifted hand of Katia Andreeva.

Groves, Richard F. and Henriette Anne Klausner. The American Book of Dying: Lessons in Healing Spiritual Pain

THE AMERICAN BOOK OF DYING is an invaluable resource that offers comfort, direction, and hope for those living and those dying. Drawing from real-life experiences, authors Richard F. Groves and Henriette Anne Klausner present a collection of nine stories, each illustrating a common archetype, as well as insightful, timeless lessons gleaned from each experience. THE AMERICAN BOOK OF DYING gives you permission and courage to trust your deepest instincts, as well as a reminder that, by telling the stories of those who have died, we remember and continue to learn from their experiences.

Harris, Trudy. Glimpses of Heaven

Former hospice nurse Trudy Harris guides you through true stories of hope and peace at the end of life's journey. With heightened senses and awareness, these patients often begin to see and hear with spiritual eyes and ears. Tender, heartbreaking, and eye-opening, *Glimpses of Heaven* will help you gain a new appreciation for the peace and comfort that arrive as dying patients move toward the hope of life after death.

Hayes, Norvel. How to Live and Not Die.

How To Live and Not Die! A Down-to-earth guide for getting rid of problem areas in your life by putting God's power to work for you. God doesn't want you to be sick...or to have any financial, emotional, social, spiritual or physical problem. But you've got to learn to do things His way!

Hewett, John H. After Suicide

For the individual in the throes of responding to the....suicide of a loved one, this book provides valuable insight into the experience. This kind of cognitive knowledge can actually alleviate suffering by being a reliable guide through the process

Holder, Jennifer Sutton and Aldredge-Clanton, Jann. Parting

Published in conjunction with the Foundation for End-of-Life Care and the P.L. Dodge Foundation, this small guide by Chaplains Holder and Aldredge-Clanton is directed to those friends and family members who serve as companions to someone facing the end of life. The manual is multi-faith, offering wisdom from many different religious traditions about how to help the dying make a peaceful transition from this life. They address concerns both practical (ethical wills, physical comfort) and spiritual (centering prayer, final rituals, initiating a spiritual conversation). Throughout, they encourage caregivers to cultivate characteristics that will be most comforting for the dying person, such as perspective, humility, reverence, gratitude and a sense of release.

Huffman, Margaret. This Too Shall Pass

A touching collection of stories and inspirational quotes from those who have survived such ordeals as serious illness, loss of a loved one, or severe depression.

Manning, Doug. With God on Your Side

This book was written by a struggler for strugglers. It will give an honest report of one man's journey toward meaning- the meaning of faith, the meaning of self, and the meaning of purpose. Here you will find help for your own journey. The help will not be found in easy answers or quick fixes. The help will be found in new discovery of a God who loves you- and the slow application of that love to the issues of life.

Marshall, Catherine. Beyond Our Selves

Beyond Our Selves is a poignant revelation of Mrs. Marshall's own search for a meaningful life, a practical faith, and a closer relationship with God. Beyond Our Selves is a spiritual adventure story, covering a rich variety of subjects from Catherine Marshall's childhood with her beloved parents to the influence of her famous husband, Peter Marshall. In it she offers practical guidance on such subjects as free will, the nature of God, and how we can live at peace with ourselves in a troubled world.

Miller, James. Winter Grief, Summer Grace

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.

Ogilvie, Lloyd John. Praying Through the Tough Times

How often Christians find themselves worn down by circumstances, worn through by relationships, and worn out by their own heart struggles! God seems distant...their prayers have become platitudes. Longtime pastor and bestselling author Lloyd John Ogilvie gently comes alongside to help renew readers' vision, guiding them to pray for God's desires for them: the confidence that nothing can happen that will not bring them closer to Him, the Spirit's filling, so they can love others with His unlimited grace, and His perspective on the new person He wants them to be. As they reconnect with God, Christians will be able to see with *His* vision...and grasp what the future can be if they put it in His hands.

Remen, Rachel. My Grandfather's Blessings

Remen uses the heart-rending stories of her patients to teach readers how to follow in her example, that is, combining a life of service with a life of receiving and giving blessings (a combination that avoids common problems such as burnout, self-sacrifice, and navel gazing). Remen also includes personal stories of her grandfather, who showered the world with his mystical beliefs and wizened blessings.

Robinson, Haddon. Grief

Grief is painful, and no one escapes it. But grief isn't limited to death. Grief is what we experience whenever we lose anyone or anything we care about deeply. How, then, do we cope with our own sorrow? How do we comfort others who mourn? And what is the difference between "good grief" and "bad grief"? Haddon Robinson takes a clear look at this difficult and universal subject and offers the ministry of consolation to lighten the burden of those who grieve.

Sanders, Jay. Letters from Heaven: Reassuring Word's of God's Love

It's the perfect antidote to the stresses and uncertainties of daily life. This little book is a love letter, too—a brief but profound summary of God's promises to us in His Word. Heartening Scripture verses and insightful quotations, corresponding with the twenty-six letters of our alphabet, offer a refreshing glimpse of God's love from A to Z. Savor these letters of cheer...letters of peace...

Sanna, Ellyn. Heaven: Glimpses of Glory

Explores the Christian's ultimate home—Heaven—through Scripture and comments from biblical scholars.

Sanna, Ellyn. Beacon of Hope: Reflecting the Light of Christ

It seems that everybody loves the charm of lighthouses -- those protectors from harm, providers of guidance, beacons of hope. A Beacon of Hope develops a parallel with Christ through a select collection of Scriptures, quotations, anecdotes, and prayers.

Sanna, Ellyn. May You Sense His Peace in This Difficult Time

The colorful hardback covers carry greeting card sentiments, but inside are forty pages of stories, quotations, Scriptures, and more - all to express your feelings.

Springer, Rebecca. Within Heaven's Gates

Rebecca Springer shares the wonders and joys of her glorious vision of heaven as she offers hope for the future of mankind. Through this uplifting book, get a glimpse of the eternal home that awaits believers as well as inspiration to continue in your spiritual walk. Come venture Within Heaven's Gates!

Toole, Mary. Handbook for Chaplains

Sometimes chaplains are called on to minister to people of a different faith tradition than their own. Here is a handy little book that will help them accomplish this with appropriateness and grace. Mary Toole focuses on eight different faith traditions. For each tradition, she provides a there is a brief outline of the principle beliefs, information about birth, diet regulations, sickness, dying/death, and appropriate prayers that could be said with patients. She also includes facts about cremation, autopsies, and organ donation.

Yancey, Philip. Disappointment with God

Is God unfair? Is he silent? Is he hidden? In this profoundly personal book, these questions are answered with clarity, richness, and biblical certainty. Philip Yancey points to the odd disparity between our concept of God and the realities of life. Disappointment with God takes us beyond the things that make for disillusionment to a deeper faith, certitude of God's love, and a thirst to reach not just for what God gives, but for who he is.

Children's Grief Books

Blackburn, Lynn. I Know I Made it Happen

We look at feelings when there's a family fight, a divorce, illness, injury and death. Gives kids support and understanding during crises. It's nice to know, though, that my wishes, and my thoughts, and my words, don't make bad things happen.

Boulden, Jim and Joan. When Someone is Very Sick

Elfo leads us through this playful yet realistic story of feelings children may experience when confronted with a serious illness in a family member. Elfo tells us about issues related to sickness: how the sick person may look, talk, and act differently and how he or she may now need medicines, tubes and machines. Children often have unexpressed worries, and Elfo encourages the readers to express their feelings and write and talk about their experiences. Included with this book are memory pages and graphics to make get-well cards. (Grades 3-4)

Brown, Laura Krasny and Marc Brown. When Dinosaurs Die

Unlike many books on death for little ones, this one doesn't tell a story. Instead, it addresses children's fears and curiosity head-on, and in a largely secular fashion, by answering some very basic questions: "Why does someone die?" "What does *dead* mean?" "What comes after death?" Other questions deal with emotions, and there's a section about death customs. The forthright approach makes the subject seem less mysterious and provides kids with plenty to think about and discuss with their parents. It's the brightly colored artwork, however, that will really enable children to relax with the concept.

Buscaglia, Leo. The Fall of Freddie the Leaf

This story by Leo Buscaglia is a warm, wonderfully wise and strikingly simple story about a leaf names Freddie. How Freddie and his companion leaves change with the passing seasons, finally falling to the ground with winter's snow, is an inspiring allegory illustrating the delicate balance between life and death.

Butler, Steve. A Letter from Heaven

Jamie has seen the ceramic jar on his mother's living room shelf for as long as he can remember. But today he will learn that behind the jar is a very special letter from a sister he has never met. He'll also learn that the roses that his mother and grandmother sometimes place around the jar have a unique meaning.

Cohn, Janice. I Had a Friend Named Peter

An exceptionally accurate and understanding account of the feelings and questions that arise when a child's playmate dies is presented in this gently-told story. Betsy's parents have the sad task of telling their daughter and helping her cope with the tragedy. They explain with simple clarity that the doctors couldn't make Peter well, that he can no longer feel pain or fear or loneliness, and that people normally don't die so young. They reassure her that a recent quarrel she had with Peter had nothing to do with his death. They describe the coming funeral and burial and invite her to go with them, if she wants to. Although the style is factual, there is a tender undertone which gives warmth, effectively reinforced by full-page and double-page spreads of an attractive family and school class done in deep but muted tones, with shades of pink and blue predominating. The mood is somber and meditative but loving. (K-4th grade)

Draper, Sharon. Tears of a Tiger

A high school basketball star struggles with guilt and depression following the drunk-driving accident that killed his best friend. Short chapters and alternating viewpoints provide "raw energy and intense emotion," said PW. Ages 12-up.

Hanson, Warren. The Next Place

The Next Place is an inspirational journey of light and hope to a place where earthly hurts are left behind. An uncomplicated journey of awe and wonder to a destination without barriers. Lose yourself in the uplifting sense of comfort and serenity. Embrace the joyful spirit of oneness. Then pour yourself into the lives of those you love.

Hochban, Ty. Hear my Roar: A Story of Family Violence

(K-2nd)Hear My Roar utilizes three bears to demonstrate a family-violence scenario from its insidious onset through escalation and departure of the mother and child to a shelter while the father is confronted and begins to seek treatment. Its intent is to act as a framework for discussing feelings and challenging the idea of violence as a way of controlling other people. Depicted throughout are the efforts of the female and child to placate the violent male, the guilt and blame they assume, the cub's "acting out" through tantrums and role-playing with toys, and the eventual physical symptoms they experience as a result of the stress and anxiety. Their visit to the family physician places them on the road to recovery and healing.

Hoffman, Mary. Amazing Grace

Empowered by the strength of her imagination and the love of her mother and Nana, this dramatic, creative girl constantly adopts roles and identities: Joan of Arc, Anansi the Spider, Hiawatha, Mowgli, Aladdin. When her class plans a presentation of Peter Pan , "Grace knew who she wanted to be." She holds fast despite her classmates' demurrals; Nana, meanwhile, reminds her granddaughter that she can do anything she imagines. When Nana takes Grace to see a famous black ballerina--"from back home in Trinidad"--the determined youngster is aroused by the performance, and wins the role of her dreams.

Koch, Ron. Goodbye, Grandpa

A young boy learns to face his grandfather's imminent death.

Kubler-Ross, Elizabeth. Remember the Secret

Because she has already discovered the wonders of God, Suzy understands the true meaning of her friend's death.

LeShan, Eda. Learning to Say Good-by

With the death of a parent, children, sheltered by well-meaning adults, often feel confused and isolated. Unless feelings are openly and honestly confronted, the child may be scarred for life. Yet how can genuine communication on such a painful subject best be approached? In easy-to-understand language, Learning to Say Good-by shows the way. With warmth and compassion, Eda LeShan discusses all stages of grief people need to go through – disbelief, fear, anger, guilt, resentment, even relief- and offers comfort, guidance, and hope to the entire family.

Lindhome, Amy et al. After a Suicide

In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.

O'Toole, Donna. Aarvy Aardvark Finds Hope

With the help of his friend Ralphy Rabbit, Aarvy Aardvark comes to terms with the loss of his mother and brother.

O'Toole, Donna. Facing Change

Founded on the belief that young adults can make effective choices that can transform pain into resilience, the author provides an abundance of information and coping choices to assist the process. *Facing Change* is a book about loss, change and possibilities.

Oliver, Sam. A Fish Named Ed

The story is about a little fish named Ed who goes through a series of losses but discovers inner strength as he learns to cope in his new world. The storyline and message in this little book is so heartwarming and sincere. The author focuses on interpreting the pain and loss associated with death and grief in a simple and direct way, so that children have an understanding of what they're going through.

Paterson, Katherine. Bridge to Terabithia

Jess Aarons is eager to start fifth grade. He's been practicing his sprints all summer, determined to become the fastest runner at school. All seems to be on track, until the new girl in class, Leslie Burke, leaves all the boys in the dust, including Jess. After this rather frustrating introduction, Jess and Leslie soon become inseparable. Together, they create an imaginary, secret kingdom in the woods called Terabithia that can be reached only by swinging across a creek bed on a rope. But one morning a tragic accident befalls Leslie as she ventures alone to Terabithia, and Jess's life is changed forever. Ages 9-up.

Richter, Elizabeth. Losing Someone You Love: When a Brother or Sister Dies

Sixteen young people between the ages of 10 and 24 recall siblings they loved and express their loss. They describe their own feelings and reactions and the outside pressures that accompany the death of their sibling, sharing their experiences so that others who experience the same loss will not feel alone. All of them encourage other young people to talk about their feelings in order to ease the pain and enable them to go on with their lives. Each profile is as clear as the photos that usually accompany it.

Rofes, Eric. The Kids Book about Death and Dying

Fourteen children offer facts and advice to give young readers a better understanding of death.

Schwiebert, Pat and Chuck DeKlyen. Tear Soup

Tear Soup recognizes and reinforces the fact that every member of the family from the youngest to the oldest will grieve in their own way. Taking their own time and in doing so, find those things which help them best. Essentially, we each make our own batch of Tear Soup when we grieve the loss of someone we love or for any major change in our lives. We make Tear Soup when we move far away from the ones we love, or lose our job.

Silverstein, Shel. The Giving Tree

In Shel Silverstein's popular tale of few words and simple line drawings, a tree starts out as a leafy playground, shade provider, and apple bearer for a rambunctious little boy. Making the boy happy makes the tree happy, but with time it becomes more challenging for the generous tree to meet his needs. When he asks for money, she suggests that he sell her apples. When he asks for a house, she offers her branches for lumber. When the boy is old, too old and sad to play in the tree, he asks the tree for a boat. She suggests that he cut her down to a stump so he can craft a boat out of her trunk. When there's nothing left of her, the boy returns again as an old man, needing a quiet place to sit and rest.

Stepanek, Mattie. Journey Through Heartsong

Mattie J.T. Stepanek takes us on a *Journey Through Heartsongs* with more of his moving poems. These poems share the rare wisdom that Mattie has acquired through his struggle with a rare form of muscular dystrophy and the death of his three siblings from the same disease. His life view is one of love and generosity and as a poet and a peacemaker; his desire is to bring his message of peace to as many people as possible.

Thomas, Pat. I Miss You: A First Look at Death

This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them.

Viorst, Judith. The Tenth Good Thing About Barney

My cat Barney died this Friday. I was very sad. My mother said we could have a funeral for him, and I should think of ten good things about Barney so I could tell them... But the small boy who loved Barney can only think of nine. Later, while talking with his father, he discovers the tenth -- and begins to understand.

Adult Grief Books

Bayly, Joseph. *The Last Thing We Talk About*

Offers help and hope for the dying and the grieving.

Bozarth, Alla. *Life is Goodbye, Life is Hello*

With clarity and compassion, this book explores different kinds of losses, including death, separation, sickness, and change. Alla Bozarth assures readers that the pain of grief won't last forever and reminds them that out of death comes rebirth.

Byock, Ira. *Dying Well: Peace and Possibilities at the End of Life*

Nobody should have to die in pain. Nobody should have to die alone. *Dying Well* brings us to the homes and bedsides of families with whom Dr. Byock has worked, telling stories of love and reconciliation in the face of tragedy, pain, and conflict. It is a companion for families, showing them how to deal with doctors, talk to loved ones you and make the end of life as meaningful and enriching as the beginning.

Byock, Ira. *The Four Things That Matter Most: A Book About Living*

The inspiring stories in *The Four Things That Matter Most* demonstrate the usefulness of the Four Things in a wide range of life situations. They also show that a degree of emotional healing is always possible and that we can experience a sense of wholeness even in the wake of family strife, personal tragedy, divorce, or in the face of death. With practical wisdom and spiritual punch, *The Four Things That Matter Most* gives us the language and guidance to honor and experience what really matters most in our lives every day.

Callanan, Maggie. *Final Journeys: A Practical Guide For Bringing Care and Comfort at the End of Life*

From supporting a husband or wife faced with the loss of a spouse, to helping a dying mother prepare her children to carry on without her, Callanan's poignant stories illustrate new ways to meet the physical, emotional, and spiritual challenges of this difficult and precious time. She brings welcome clarity to medical and ethical concerns, explaining what to expect at every stage. Each brief chapter also conveys a home truth about making crucial treatment decisions, supporting the patient's dignity and individuality, and lightening the burden on caregivers.

Colgrove, Melba et al. *How to Survive the Loss of a Love*

One of the most directly helpful books on the subject of loss ever written. 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.

Deits, Bob. *Life After Loss*

Loss can be overwhelming, and recovery sometimes seems terribly daunting, if not impossible. But Bob Deits demonstrates that the only way past grief is through it. With practical and compassionate advice, personal stories, and helpful exercises, *Life after Loss* is not just about understanding grief- it's about doing something about it. Wise and universal, *Life after Loss* is a classic in the field of grief recovery, and with newly revised chapters on grief shared as a nation as well as on what Deits calls "quiet losses," it is a must-read for coping with any type of loss.

Doka, Kenneth J. and Davidson, Joyce D. *Living With Grief: Who We Are, How We Grieve*

Produced as a companion to the Hospice Foundation of America's fifth annual National Bereavement Teleconference, this volume examines how key aspects of identity affect how individuals grieve. Variables explored include culture, spirituality, age and development level, class and gender.

Doka, Kenneth J. and Davidson, Joyce D. *Living With Grief: At Work, At School, At Worship*

While we often discuss how we grieve, rarely do we consider the places where we grieve. Yet whether at work, at school, at worship or at home, grief not only affects our moods and motivation but our ability to function and our relationships as well. This book considers the ways that grief influences us in varied settings, offering humane and practical suggestions to organizations such as workplaces, schools or places of worship as to how they can assist grievers in their midst struggling with illness and loss.

Doka, Kenneth J. Living With Grief: Loss In Later Life

Tool for those facing the most difficult time in their lives. Intended to prompt all Americans to lend a helping hand and a sympathetic ear to an older person who is suffering after a painful loss. Sections include: death as a fact of later life, growing old and dying, and loss and grief in later life.

Doka, Kenneth J. Living With Grief: Children, Adolescents, and Loss

Images of sobbing teens being lead away from shootings are burned in our memories. The 19 chapters in this book address the impact of loss on our children, and the nation's consciousness. Articles by the nation's leading thanatologists and grief counselors on grief and bereavement in children and adolescents are interspersed with articles by children who have experienced tragic loss.

Eneroth, Calene Vester. Does Anybody Hurt This Bad... & Live?

This book explores common feelings and practices of those who are grieving the loss of a loved one. It also includes practical tips for surviving the heartache of loss.

Floyd, Maita. Platitudes: You Are Not Me

Most of the time, we try to do the right thing. When "doing" something isn't the right answer, saying the right thing is the next option. The book points out that our best intentions often are the mark because we are not aware of what we are really saying or doing. Here's a book that allows us to examine some phony phrases as they are – devoid of real feeling or concern.

Gray, Alice. A Pleasant Place: Encouraging Thought for the Heart

Filled with lovely floral illustrations, this little book will bring the gift of encouragement to anybody who receives it. They'll find inspiring Scriptures and heartwarming stories full of goodness, cheer, and hope. Just the thing to lift spirits and send friends on their way---rejoicing.

Grollman, Earl A. Living When a Loved One Has Died

If someone you know is grieving, *Living When a Loved One Has Died* can help. Earl Grollman 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.

Hickman, Martha Whitmore. Healing After Loss: Daily Meditations for Working Through Grief

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

James, John W. and Russell Friedman. The Grief Recovery Handbook

Incomplete recovery from grief can have a lifelong negative effect on your capacity for happiness. Drawing from their own histories, as well as from others, the authors illustrate what grief is and how it is possible to recover and regain energy and spontaneity. Based on a proven program, now extensively revised, *The Grief Recovery Handbook* offers grievers the specific actions needed to complete the grieving process and accept loss. For those ready to regain a sense of aliveness, the principles outlined here make this a life-changing handbook.

Kessler, David. The Needs of the Dying

In gentle, compassionate language, *The Needs of the Dying* helps us through the last chapter of our lives. Author David Kessler has identified key areas of concern: the need to be treated as a living human being, the need for hope, the need to express emotions, the need to participate in care, the need for honesty, the need for spirituality, and the need to be free of physical pain. Examining the physical and emotional experiences of life-challenging illnesses, Kessler provides a vocabulary for family members and for the dying that allows them to communicate with doctors, with hospital staff, and with one another, and—at a time when the right words are exceedingly difficult to find—he helps readers find a way to say good-bye. Using comforting and touching stories, he provides information to help us meet the needs of a loved one at this important time in our lives.

Kubler-Ross, Elizabeth and David Kessler. On Grief and Grieving

On Grief and Grieving applies dying stages to the process of grieving and weaves together theory, inspiration, and practical advice, all based on Kübler-Ross's and Kessler's professional and personal experiences, and is filled with brief, topic-driven stories. It includes sections on sadness, hauntings, dreams, coping, children, healing, isolation, and even the subject of sex during grief.

Kubler-Ross, Elizabeth. On Death and Dying

The book introduced the author's seminal "stages of dying" or "stages of grief" model which is still widely quoted. According to the Kübler-Ross model, there are five stages that a dying person goes through when they are told that they have a terminal illness. The five stages go in progression through denial, anger, bargaining, depression, and acceptance.

Kubler-Ross, Elizabeth. To Live Until We Say Goodbye

Through the brilliant photographs of Mal Warshaw, *To Live Until We Say Good-Bye* gives a gripping, intimate view of Dr. Kübler-Ross's counseling work with terminally ill patients as she brings them to an acceptance of death.

Kubler-Ross, Elizabeth. Working it Through

This remarkable guide to coping with death and dying grew out of Dr. Elisabeth Kübler-Ross's realization that she could help larger numbers of terminally ill people directly by meeting with them in groups. The first such meeting in 1970 led to hundreds more throughout the United States and the world and now to *Working It Through*, a testament to "faith and the ability to survive and transcend the most difficult trials in life" as Kübler-Ross writes in her foreword. The photographer Mal Warshaw has documented the workshops, and his moving photographs bring this already powerful book to life.

Kubler-Ross, Elizabeth. Death Is of Vital Importance

This book is a combination of lectures on the subject of death and dying.

McWilliams, Peter. You Can't Afford the Luxury of a Negative Thought

This title is about the power of positive thought - and about how negative thinking can wreck lives. Negative thinking is seen as a debilitating illness that will slowly kill your spirit - and for some people lead to actual physical disease. Happily though, this is not a doom-filled book at all! The authors show how to: eliminate the negative - spend less time thinking "down" and negative thoughts; accentuate the positive - spend more time focusing on the positive things in your life; and latch on to the affirmative - enjoy each moment! It contains inspirational, funny, and moving quotes. This book was written in part specially for those who have been diagnosed with severe illness. Negative thinking drags you down - whilst a truly positive approach will have a positive effect on your whole self - thus promoting good physical health.

Morgan, Ernest. Dealing Creatively with Death: A Manual of Death Education and Simple Burial

It is a small encyclopedia on death-related problems; social, emotional, philosophical and practical. It is written simply and sensitively, drawing substantially on direct experience.

Nuland, Sherwin B. How We Die

Drawing upon his own broad experience and the characteristics of the six most common death-causing diseases, Nuland examines what death means to the doctor, patient, nurse, administrator, and family. Thought provoking and humane, his is not the usual syrup-and-generality approach to this well-worn topic. Fundamental to it are Nuland's experiences with the deaths of his aunt, his older brother, and a longtime patient. With each of these deaths, he made what he now sees as mistakes of denial, false hope, and refusal to abide by a patient's wishes. Disease, not death, is the real enemy, he reminds us, despite the facts that most deaths are unpleasant, painful, or agonized, and to argue otherwise is to plaster over the truth. The doctor, Nuland stresses, should instill in dying patients the hope not for a miraculous cure but for the dignity and high quality of the remainder of their lives as well as of what they have meant--and will continue to mean--to family, friends, and colleagues. Nuland also has strong feelings about suicide and "assisted death": the doctor should be prepared psychologically and practically to help the longtime patient slip off the scene in relative comfort.

O'Connor, Nancy. Letting Go With Love: The Grieving Process

This sensitive and compassionate guidebook steers the reader gently through the darkness of grief back to the light of living life to the fullest after the loss of a loved one. It is comprehensive and chapters include death of a spouse, a child, siblings, parents, friends and lovers, AIDs, SIDS, and more. It also covers suicide, murder, drug overdose, gangs, terrorists and devastating acts of nature.

Price, Reynolds. A Whole New Life

While walking with Price across the Duke University campus in the spring of 1984, a colleague noticed Price's awkward gait. That incident marked the beginning of the novelist's four-year "collision with spinal cancer and paralysis." This remarkable memoir recalls the first surgery that failed to stop the tumor (which Price imagined as an "alien and deadly eel"), the radiation treatment that destroyed the nerves in his spine and the use of his legs, the religious vision promising healing, the pain-killing drugs overprescribed by unsympathetic doctors, and the friends and family who rallied around him. Price refused to succumb to self-pity, to ask the pointless tired old question of "Why me?" He writes, "The only answer is of course Why not?"

Rando, Therese A. How to Go on Living When Someone You Love Dies

This highly recommended self-help book covers a wide variety of grief circumstances. Rando describes a number of ways to cope emphasizing that there is no right or wrong way to grieve. Each person's response to loss will be different, and the book helps the reader to understand and resolve grief, talk to children about death, resolve unfinished business, accept help and support of others and get through holidays and other difficult times of the year.

Roach, Nancy. The Last Day of April

This poignant story, straightforward and honestly told, fills a long felt need for the parents of children with malignant and potentially fatal disease. Nancy Roach – who found a way to traverse this chasm, who learned how to help her own daughter adjust to life with leukemia and eventually to die peacefully with acceptance – vividly describes these important moments, days, months and years. To every family with a child with a malignant disease this story will be a source of strength, courage and inspiration, and, hopefully, a starting point for developing their own way of facing the present and preparing for the future.

Sharkey, Frances. A Parting Gift

"The death of a child is always, I think, the most comber event anyone ever encounters. But it is a tragedy that can be compounded by a second tragedy: the denial of death. I hope that my book will help persuade people not that this ever a good way for a child to die, but that there are some ways that are better than others". As a young medical student, Frances Sharkey discovered that confronting the death of a patient was the hardest part of being a doctor. So she went into pediatrics – only to learn how often death comes to children too. Then there was David, a young leukemia patient. Her experience with David and how he faced his own death produced a total change in her notion of the proper end of life.

Sharp, Joseph. Living Our Dying

When he wrote *Living Our Dying*, Joseph Sharp had been living with the HIV virus for over a decade, living each day with the knowledge that he will, eventually, die. For him, this has become the foundation of an intimate awareness of the beauty and majesty of life, in himself and in all those close to him, whether they've been diagnosed with a fatal illness or not. In this straightforward book, Sharp weaves his personal experiences, quotations from other spiritual and health authors, and suggested meditations into a moving proposal for the "rewriting" of our own lives as a conscious pilgrimage toward the inevitable outcome for ourselves and those we love.

Tatelbaum, Judy. The Courage to Grieve

Although this book emphasizes the response to bereavement, it aims to help with all kinds of loss and grief, exploring intense and uncomfortable emotions such as sorrow, guilt, loneliness, resentment, confusion, and the temporary loss of the will to live. There is advice on how to help oneself and others to get through the immediate experience of death and the grief that follows, as well as how to understand the special grief of children.

Vredevelt, Pam. Empty Arms

They are the most dreaded words an expectant mother can hear. As joy and anticipation dissolve into confusion and grief, painful questions refuse to go away: Why me? What did I do wrong? Doesn't God care? With the warmth and compassion of a licensed counselor and a Christian woman who has suffered miscarriage herself, Pam Vredevelt offers sound answers, advice, and reassurance to the woman fighting to maintain faith in this heartbreaking situation. Now in a fresh, contemporary cover, *Empty Arms: Emotional Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy* is the essential guidebook through the agony of losing a child.

Walter, Carolyn Ambler and Judith L. M. McCoyd. Grief and Loss Across the Lifespan: A Biopsychosocial Perspective

Walter and McCoyd have written a well-organized and comprehensive examination of grief and bereavement that will be useful to the seasoned professional as well as the student new to grief and loss. The historical analysis of grief theory from classic to postmodern is interesting reading and essential for a full understanding of grief and loss in modern society.

Wampler, Ted L. Will Our Tears Forever Flow

A father's story of Grief and Hope. This book deals with the effects of Grief on a family suffering the loss of their young daughter. "Will our tears forever flow", will help anyone, in the midst of grief, understand and come to grips with their feelings.

Webb, Marilyn. The Good Death

In a highly readable style, Webb, a former editor of Psychology Today, integrates case studies with analytical chapters on the legal, historical, and social aspects of dying. The latest Supreme Court decisions on physician-assisted suicide and the right-to-die movement are covered in this painstakingly researched survey, as are the field's prominent personalities, from Kubler-Ross to Kevorkian. Thorny issues surrounding death and managed care are also considered. Webb's message is clear: The modern way of dying involves excessive emphasis on exotic technology and too little reliance on palliative care.

Westberg, Granger E. Good Grief

The classic text of Good Grief will encourage and educate grievers in a new way. Inspiring and consoling two-color photographs set the mood for Granger Westberg's gentle wisdom and acute insight into human nature as he helps readers understand the ten identifiable stages of grief. Whether grieving a death or divorce, job loss or disappointment, everyone must move through these stages, and we are changed by the experience.

Wolfelt, Alan D. Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart

Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have. Questions of spirituality and religion are addressed as well. The rights of mourners to be compassionate with themselves, to lean on others for help, and to trust in their ability to heal are upheld. Journaling sections encourage mourners to articulate their unique thoughts and feelings.

Zonnelt-Smeenger, Susan J. and DeVries, Robert C. Getting to the Other Side of Grief

It's something no married person wants to imagine. Yet each year, eight hundred thousand individuals mourn the passing of a husband or wife. They each suffered the loss of their spouse at a relatively young age. Throughout Getting to the Other Side of Grief, the authors share their stories as living proof that if worked through properly, grief will lead the way to a fresh new life. Beginning with the premise that a full resolution to grief is possible, the authors extend this lifeline to readers: Complete healing doesn't happen without intentional effort, and this intentional effort, for complete success, must combine Christian faith and sound mental health practices. In offering these interwoven disciplines, the authors give readers the benefit of both the male and female perspective. Readers will find getting to the other side of grief less lonely and more promising in the empathetic company of these two authors.

Caregiving Books

Callari, Elizabeth. A Gentle Death: Personal Caregiving for the Terminally Ill

Author Callari, R.N., former Director of Nursing Service for the Elisabeth Kubler-Ross Hospice and Founder and Executive Director of the Center for Awakening, provides an excellent and sensitively written guide for those who give care to the terminally ill. Callari alerts us to the need to help open communication between the patient and caregiver in order to eliminate the loneliness and sense of abandonment that the patient often feels. Her primary concern is for the patient's physical and emotional well-being. The book contains anecdotes about the deaths of some of her patients as they finished their final business in life (some even making arrangements for their own funerals) and then peacefully letting go of living. Finally, she discusses the grief process in the survivors, suggesting that the bereaved can begin to detach and get on with their lives when they honestly acknowledge the wide range of feelings they had toward the dead person.

Carkhuff, Robert. The Art of Helping VI

This is the eighth edition of The Art of Helping. Literally, millions of people have been trained in helping skills. Many more have been recipients of these skills. The effects upon hundreds of thousand of these recipients have been researched. The results are in: skills acquisition and use are spectacularly powerful. This book explains the essential interpersonal skills needed by professional and lay counselors, teachers, business managers, parents, everyone.

Corless, Inge B. and Foster, Zelda. The Hospice Heritage: Celebrating Our Future

Through The Hospice Heritage: Celebrating Our Future, physicians, nurses, social workers, and clergy will find unique examples to give patients the attention, care, and understanding they need at that time in their life. Since 80 of people who die do so without the support of a hospice program, this important book offers approaches designed to expand access to hospice and provide a solid foundation of treatment for patients with cancer and non-cancer diagnoses. Written by experts in the field, The Hospice Heritage will help you care for those patients whose life span is uncertain, improving their quality of life in throughout their last days. This commemorative book offers an encompassing portrayal of the development of hospice from its origins to its present forms. The Hospice Heritage contains state-of-the-art presentations of hospice-related issues and examines current efforts in hospice and palliative care, including the latest concepts in symptom control, guidelines for patients with diseases other than cancer, and measuring the quality and impact of care.

Doka, Kenneth and Davidson, Joyce. Caregiving and Loss

We are approaching a caregiving crisis in America, says Rosalynn Carter in her foreword to the book. The 12 chapters of this book discuss the needs of family caregivers and how professional health care workers can work better with them, and explores the multiple losses felt by patients and families. Voices of caregivers and programs that work enhance the articles.

Floyd, Maita. Caretakers: The Forgotten People

Here is a well-told story of a woman's experience during & after her husband's death from cancer. Maita begins with a short background sketch, and then tells of her meeting & falling in love with Bill. After coming to terms with Bill's alcoholism, they prepare for a long, fulfilling life together, but this is not to be. Bill is diagnosed as terminal only three years after retirement. Maita describes their trials & triumphs as she & Bill learn to cope with his impending death. Maita Floyd's writing is never self-pitying, nor does it needlessly glorify her tragic experience. With simple dignity & grace, she makes a strong statement on behalf of those who care for a loved one, knowing they will soon be left alone.

Guntzelman, Joan. 124 Prayers for Caregivers

Each of the 124 prayers in this book offers a powerful source of strength and consolation, a brief quotation from the Bible or another source, several lines of reflection, and a closing petition. While praying, we remind ourselves that God stands with us in our caregiving, and He assures us that our prayers are heard and answered.

Houts, Peter and Bucher, Julia. Caregiving

Thanks to advances in medical science, people with chronic illnesses like cancer are living longer than ever before. Most often the responsibility for caregiving is placed with loved ones. This helpful guide responds to the changing needs and challenges you face and offers support though the myriad situations you may encounter, from physical and emotional conditions, to dealing with health care providers and insurance carriers, to taking care of your own needs along with those of the person with cancer.

Karpinski, Marion. Quick Tips for Caregivers

Quick Tips for Caregivers provides thorough instruction in basic caregiving procedures, gives cogent advice on improving safety in the home setting, and presents practical suggestions to reduce caregiver stress and obtain outside support.

Mintz, Suzanne. Love, Honor, & Value

"Family caregivers don't go home at 5 or 6 o'clock. We are on duty 24 hours a day because this is something we care about," says author Suzanne Mintz. "Caregivers are literally underpinning the health care system. The value of the services we provide for 'free' is estimated to be \$196 billion a year." But who helps them? Much has been written about the caregiver's role in helping an ill or disabled person, but little has been said about the caregiver - how to care for yourself as you care for others. This message to caregivers addresses issues such as

the impact of caregiving on caregivers, the four principles of Caregiver Self-Advocacy, and reaching out for help.

Pitzele, Sefra. Kind Words for Caring People

When you care for others who may not be able to appreciate you, it helps to start the day with a kind thought and a cheery word for yourself. Whether you are caring for aging, disabled family members or are a professional caregiver, Sefra Pitzele understands, and imparts just the right message of hope.

Sanker, Andrea. Dying at Home: A Family Guide to Caregiving

A powerful new movement is underway to return the dying to their own homes. This unique and much-needed book is for anyone who wonders what it would be like, and--for those who have made the decision--a comforting yet realistic guide to daily caregiving.

Miscellaneous Books

Albom, Mitch. For One More Day

This is the story of Charley, a child of divorce who is always forced to choose between his mother and his father. He grows into a man and starts a family of his own. But one fateful weekend, he leaves his mother to secretly be with his father - and she dies while he is gone. This haunts him for years. It unravels his own young family. It leads him to depression and drunkenness. One night, he decides to take his life. But somewhere between this world and the next, he encounters his mother again, in their hometown, and gets to spend one last day with her - the day he missed and always wished he'd had. He asks the questions many of us yearn to ask, the questions we never ask while our parents are alive. By the end of this magical day, Charley discovers how little he really knew about his mother, the secret of how her love saved their family, and how deeply he wants the second chance to save his own.

Brand, Dr. Paul and Yancey, Philip. Pain: The Gift Nobody Wants

In a work that is part biography and part medical history, the author recalls how his work treating leprosy in India forced him to confront his own notion of pain.

DeSpelder, Lynne Ann and Strickland, Albert Lee. The Last Dance

A textbook about death and dying.

Emerson, Nancy et al. Finding the "Can" In Cancer

A compelling handbook for cancer patients, their families, and friends. Four long-term survivors, with more than 70 years of collective experience dealing with cancer, have put together a guidebook to help others who face this illness. The authors combine personal stories and experiences with practical tips for coping with side effects, information on tests and procedures, emotional and spiritual encouragement, and advice on how to let others help during this difficult time.

Geba, Bruno. Vitality Training for Older Adults

Vitality training is a gentle method for change, a method of accepting one's life as it is, of accepting the aging process, paying attention to it and learning how to grasp the key to happiness in every situation – changing one's attitude. In this simple but extraordinary book you may find hope for new vitality in your own life, or in the life of a loved one.