

BEREAVEMENT RESOURCES

BOOKS

- *The Wild Edge of Sorrow*
  ~ By Frances Weller (September 2015)
- *Grief by Day*: Simple Practices and Daily Guidance for Living with Loss
  ~ By Jan Warner (September 2018)
- *Healing After Loss*: Daily Meditations for Working Through Grief
  ~ By Martha Whitmore Hickman (December 1994)
- *I Wasn't Ready to Say Goodbye*: Surviving, Coping and Healing After the Sudden Death of a Loved One (A Compassionate Grief Recovery Book)
  ~ By Noel Brook and Pamela D. Blair, PhD (May 2008)
- *It's OK That You're Not OK*: Meeting Grief and Loss in a Culture That Doesn't Understand
  ~ By Megan Devine (October 2017)
- *Healing After the Loss of Your Mother*: A Grief and Comfort Manual
  ~ By Elaine Mallon (December 2018)
- *Sacred Celebrations*: Designing Rituals to Navigate Life's Milestone Transitions
  ~ By Elizabeth Barbour (2023)
- *Bearing the Unbearable*: Love, Loss and the Heartbreaking Path of Grief
  ~ By Joanne Cacciatore (June 2017) (Specifically relates to the loss of a child but easily relatable to all grief)
- *Modern Loss*: Candid Conversation about Grief, Beginners Welcome
  ~ By Rebecca Soffer and Gabrielle Birkner (2018)

PODCASTS

- "Grief and Finding Meaning" – Brene Brown podcast with guest David Kessler (March 2020)
- "Healing with David Kessler" – David Kessler's Podcasts
- "Mindfulness and Grief" – Heather Stang Podcasts

OTHER RESOURCES

- Jan Warner's Facebook Grief Support Page
  ~ www.facebook.com/GriefSpeaksOut/
- Mindfulness and Grief Institute – multiple resources
  ~ www.mindfulnessandgrief.com/grief-help-blog

HEALING HEARTS PROGRAM FOR GRIEF & LOSS

Center for Comfort Care & Healing
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