



Sometimes life sucks : when someone you love dies

Carlile, Molly
155.937 CAR

Provides information for teens to navigate their personal experience of grief, and for parents and teachers to use with teens struggling with loss.



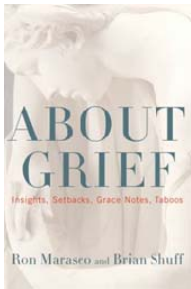
Grief

This is a selection of materials that are held at the Racine Public Library about Grief



75 Seventh Street
Racine, WI 53403
racinelibrary.info

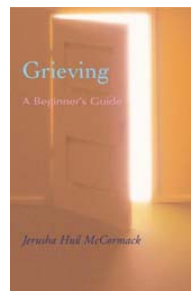
Adult Services: 262.636.9217
Circulation: 262.636.9241
Interlibrary Loan 262.636.9299
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About grief : insights, setbacks, grace notes, taboos

Marasco, Ron and Brian Shuff
155.937 M325A

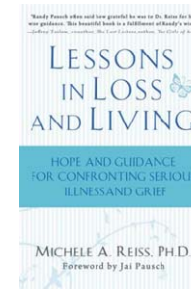
They first discuss the new normality that a grieving person will experience and then explore being honest with oneself, life with the deceased, and the future. The authors identify nine things that can help comfort the grieving (e.g., rest, sports, nature, indulgence). Finally, they cover expressing grief for men and women and those of various religious beliefs, self-expression, and honoring the deceased



Grieving : a beginner's guide

McCormack, Jerusha Hull
155.937 M459G

Working from the theory that "it takes one to know one," McCormack-widowed while her children were still young-writes a clear-eyed account of the many emotions and situations a grieving person may encounter. By her own admission, this book is "less a consolatory piece than a tour guide," and what a guide it is.



Lessons in loss and living : hope and guidance for confronting serious illness and grief

Reiss, Michele
155.937 R278L

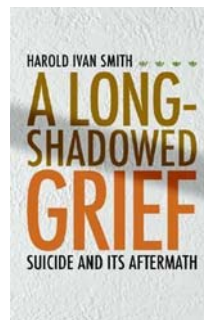
Reiss shares a collection of true-life examples, though not written by the individuals themselves. Under the headings "Serious Illness: Issues and Opportunities," "Loss and Grief: A Family Perspective," "Special Challenges," and "Lessons in Coping for Patients, Families, and Good Friends," Reiss spends a lot of time dealing with the many aspects of serious illness, such as informing people, planning finances, and making the most out of time remaining. This book is excellent.



Children also grieve : talking about death and healing

Goldman, Linda
155.937 GOL Juvenile Books

This book is an imaginative resource, fully illustrated with color photographs, that offers support and reassurance to children coming to terms with the loss of a close friend or relative and to adults who are supporting them through their bereavement. .



A long-shadowed grief : suicide and its aftermath

Smith, Harold Ivan
248.866 SM58L

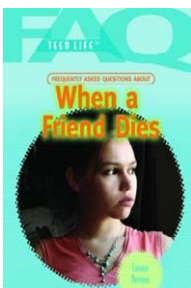
Chapters include: The face of suicide -- Asking why, saying goodbye -- Permitting ourselves to grieve and survive -- Reconstructing meaning after suicide -- Surviving suicide's assault on our assumptions and values -- Rehabilitating Judas -- Praying your grief -- Forgiving -- Investing in a charitable narrative



Saying goodbye to someone you love : your journey through end of life and grief

Dresser, Norine and Fredda Wasserman
155.937 D817S

Dresser and Wasserman draw from their experience as hospice workers to illustrate how people have brought up the subject of death with the dying, made end-of-life decisions, and planned (or not held) a funeral service. They not only offer comfort and companionship but provide practical suggestions for conversation starters, ideas for memorials, and a whole section on handling the grief of children. Essential for anyone experiencing end-of-life issues.



Frequently asked questions about when a friend dies

Brezina, Corona.
155.937 BRE