



Bereavement Books: Recommendations from Bereaved Parents



Ripples of Compassion

Welcome

We understand that there is a wealth of books written to support people that have experienced grief and it can be daunting to know which ones might be helpful.

We have collated recommendations from bereaved parents of books they found helpful. We are aware that what is helpful for one person may not be helpful for another and so we have included a brief synopsis to help you decide if any of these particular books may be helpful for you.

We have provided a number of books to get your bereavement library started. Please feel free to borrow any of the books for as long as you need and then return when you are done.

Please feel free to add your own books to the library. We have included a number of spare library stickers should you wish to do this. If you need more stickers at any point then please contact us by e-mail and let us know.

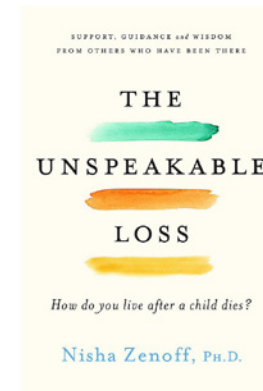
If you wanted to either recommend and/or dedicate a book in memory of your child to one of our future libraries there is no cost for this. Please e-mail us with the title of the book, your name and your child's name and we will add this to our next library.

If you wanted to buy any of the books they are all available through amazon UK. If buying through amazon, please consider supporting Ripples of Compassion through smile.amazon.co.uk with your purchases.



The Unspeakable Loss: How Do You Live When a Child Dies?

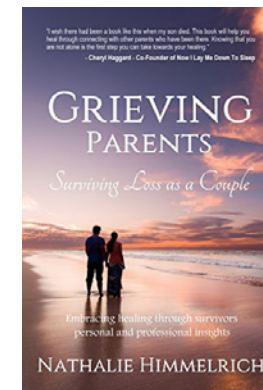
Nisha Zenoff



Charting the long path from shock, trauma, and overwhelming pain, to a life that once again contains joy, love, and laughter, *The Unspeakable Loss* addresses the importance of self-care and also provides a needed view into how the death of a child affects siblings and other family members. Written in a Q & A format, *The Unspeakable Loss* goes deeply to the heart of grief, answering the urgent questions that accompany loss. “Will my tears ever stop?” “Who am I now without my child?” “How can I help my other children cope?” “Will my marriage survive?” “Will life ever feel worth living again?” By directly answering the questions raised by grief, *The Unspeakable Loss* speaks wisely and compassionately, offering bite-sized chunks of wisdom in language the bereaved can absorb.

Grieving Parents: Surviving Loss As A Couple

Natalie Himmelrich

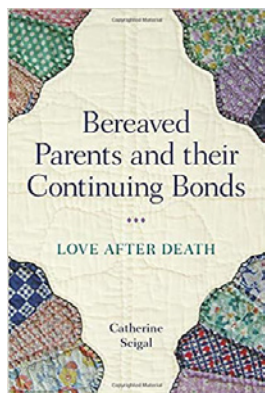


The loss of a child affects the whole family, especially the parents and their relationship. The journey of grief has no set timeline or steps but unfolds as each person travels in their own way. This book will help you to:

- Understand difference in female and male grieving
- Find the best way to support yourselves individually and as a couple
- Adjust to life post-loss and emerge as a stronger couple

Bereaved Parents And Their Continuing Bonds: Love After Death

Catherine Seigal



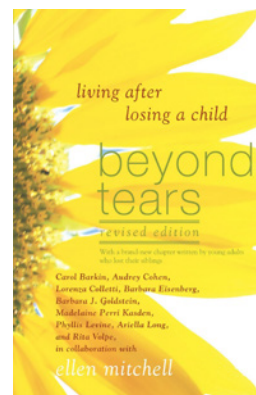
For bereaved parents the development of a continuing bond with the child who has died is a key element in their grieving and in how they manage the future. Using her experience of working in a children's hospital as a counsellor with bereaved parents, Catherine Seigal looks at how continuing bonds are formed, what facilitates and sustains them and what can undermine them. She reflects on what she learned about the counsellor's role supporting parents in extremely distressing situations. Using the words and experiences of bereaved parents, and drawing on current theories of continuing bonds, the book is relevant to both professionals and parents. It covers important subjects such as the benefits of a therapeutic group for bereaved parents, the challenges for parents when another child is born, the important role of siblings in keeping the bonds alive and how it is for parents whose child dies before birth or in early infancy. The book uses theory lightly but relevantly and places it into the heart of the lived experience. It offers bereaved parents the opportunity to share other parents' experiences, to understand a little more about their own feelings and to know they are not alone.



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Beyond Tears: Living After Losing A Child

Ellen Mitchell



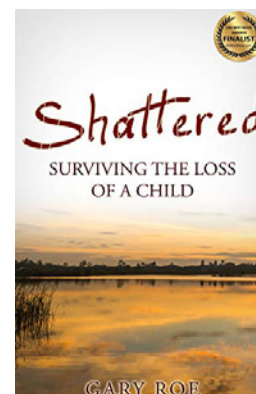
The death of a child is an unimaginable loss that no parent ever expects to face. In "Beyond Tears", nine mothers share their individual stories of how to survive in the darkest hour.

They candidly share with other bereaved parents what to expect in the first year and long beyond: harmonious relationships can become strained; there is a new definition of what one considers 'normal'; the question 'how many children do you have?' can be devastating; mothers and fathers mourn and cope differently; surviving siblings grieve and suffer as well; there simply is no answer to the question 'why?'

This sharing in itself is a catharsis and because each of these mothers lost her child at least seven years ago, she is in a unique position to provide perspective on what newly bereaved parents can expect to feel. The mothers of "Beyond Tears" offer reassurance that the clouds of grief do lessen with time and that grieving parents will find a way to live, and even laugh again.

Shattered: Surviving The Loss Of A Child

Gary Roe



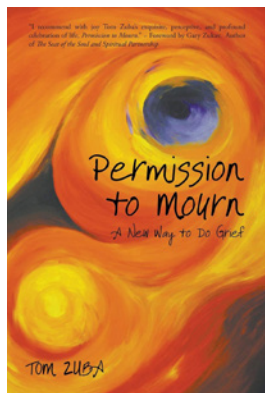
Bestselling author, hospice chaplain, and grief specialist Gary Roe uses his three decades of experience interacting with grieving parents to give us this heartfelt, easy-to-read, and intensely practical book. In Shattered, Gary Roe utilizes the stories and journeys of many bereaved parents to walk the reader from shock to hope.



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Permission To Mourn: A New Way To Do Grief

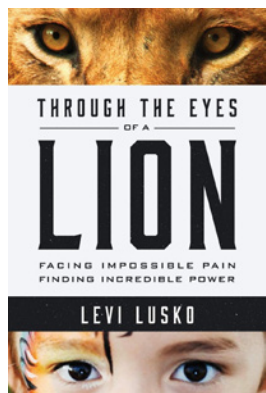
Tom Zuba



The death of someone we love cracks us open inviting us to become the person we were born to be. This is the book Tom Zuba wishes he had read after his daughter Erin died. And after his wife Trici died. It's the book he wishes he'd been handed following his son Rory's death. But Tom had to live it. First. Before he could write it. For you. In the beginning, Tom did grief the old way. Repressing, denying, pretending, numbing and stuffing every feeling and every emotion that arose. He created pain on top of pain until he began searching for a new way. A new way to do grief. Once he gave himself permission to mourn, healing began. Along the way, Tom discovered that: * Grief is not the enemy. Grief can be one of our greatest teachers. * It's the stories we tell that determine whether or not we will heal. * We will always have a relationship with the people we love that have died. * We were not born to suffer. We were born to be radiant. There is a new way to do grief.

Through The Eyes Of A Lion: Facing Impossible Pain, Finding Incredible Power

Levi Lusko



What will you do when the unthinkable happens in your life? Her parents called her Lenya Lion because of her ferocious personality and hair that had been wild and mane-like since birth. But they never expected that, five days before Christmas, their five-year-old daughter would suddenly go to heaven.



Getting Grief Right: Finding Your Story Of Love In The Sorrow Of Loss

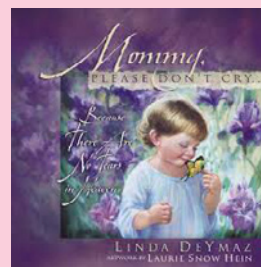
Patrick O'Malley



In 2015, when the New York Times ran Patrick O'Malley's story about the death of his infant son--and how his inability to "move on" challenged everything he was taught as a psychotherapist--it inspired an unprecedented flood of gratitude from readers that continues to this day. What he shared was a truth that many have longed to hear: that there is no right or wrong way to grieve. Illuminated by O'Malley's own story and those of the many clients that he's supported, Getting Grief Right shows us how the commonly used "stages of grief" approach can trivialize our sorrow, treat it as a mental disorder, press us to "get over it," and worsen our suffering with shame and guilt when we don't. With sensitivity and support, readers will explore grief not as an illness, but as the continuing story of our connection to the one we've lost, to be fully felt and woven into our lives.

Mommy Please Don't Cry... Because There Are No Tears In Heaven

Linda Deymaz

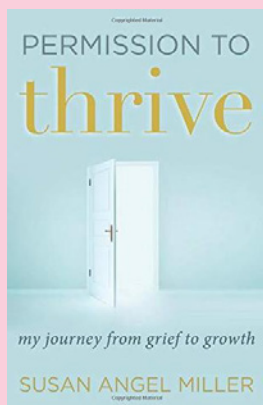


Mommy, Please Don't Cry is a book of love and comfort for mothers who have experienced the deep sorrow of losing a child. Serene illustrations frame gentle words that describe heaven from a child's perspective. With room for the reader's personal reflections at the end of the book, every page is a poignant gift of hope and healing.



Permission To Thrive: My Journey From Grief To Growth

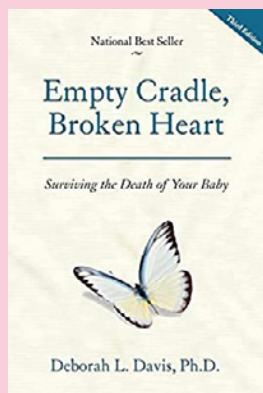
Susan Angel Miller



In *Permission to Thrive*, Susan Angel Miller traces her extraordinary journey, which begins where her healthy fourteen-year-old daughter dies suddenly from a brain tumor, and the family's decision--with their rabbi's counsel--to donate Laura's organs, saving the life of a woman with whom the Miller family would cultivate an exceptional relationship. This intensely personal story addresses the universal topics of death, illness, and trauma while conveying a hopeful message. Life-changing tragedies might be impossible to predict or prevent, but it's the response to these adversities which influences the extent and likelihood of post-traumatic emotional growth. This memorable book speaks to anyone who fears when the next bad event will occur and how they will respond. This book reveals the human ability to grieve, survive, and eventually thrive.

Empty Cradle, Broken Heart

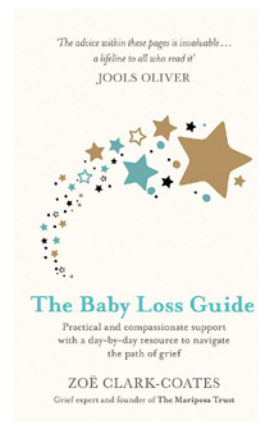
Deborah Davis



This book offers reassurance to parents who struggle with anger, guilt, and despair during and after such a tragedy. Deborah Davis encourages grieving and strives to cover many different kinds of loss, including information on issues such as the death of one or more babies from a multiple birth, pregnancy interruption, and the questioning of aggressive medical intervention. There is also a special chapter for fathers as well as a chapter on "protective parenting" to help anxious parents enjoy their precious living children.

The Baby Loss Guide: Practical And Compassionate Support With A Day-by-Day Resource To Navigate The Path Of Grief

Zoe Clark-Coates



In *The Baby Loss Guide* Zoe provides a supportive and practical guide to walk people through their darkest days of suffering and gives them hope for the future.

The first half of the book answers the many questions those who encounter loss ask themselves and others, and until now have resulted in people spending hours exploring the internet to gain answers and insight. It is interlaced with personal stories from both men and women who have been there, and tackles the many myths, taboos and assumptions around loss. It also provides clear guidance and advice on how to navigate life following your world imploding, such as: How do I return to work? How do I know if or when I should try again for more children? How do I communicate with my partner about loss?

The second half of the book offers 60-days of practical and compassionate support. Whether someone's loss be recent or historic, this support will be a wonderful gift, and will help the person walk the scary path of grief. Zoe's friendly and down to earth approach means she removes the often over used medical terminology, and this makes *The Baby Loss Guide* readable, easy to absorb and a vital source of information and help.



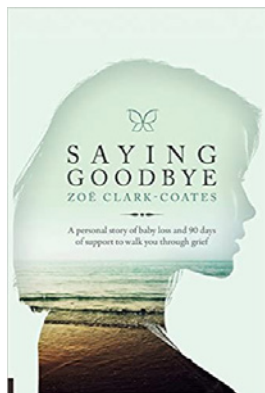
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Saying Goodbye

Zoe Clark-Coates



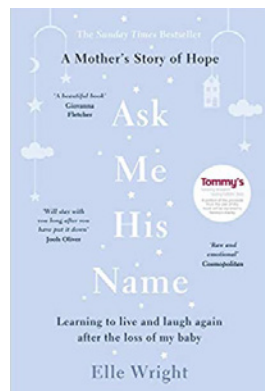
Losing a baby, whether through miscarriage, stillbirth or neonatal death, leaves so many parents lost in grief and full of unanswered questions.

Zoë Clark-Coates, and her husband Andy, have personally faced the loss of five babies.

Zoë writes a moving account of their experiences and how they found a way through to provide help and support for others. Alongside this are 90 days of daily support for those who are grieving, offering comfort and hope during the difficult times.

Ask Me His Name: Learning To Live And Laugh Again After The Loss Of My Baby

Elle Wright



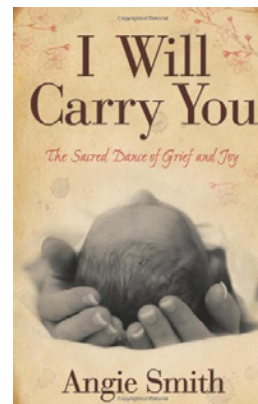
Elle Wright had an admittedly easy pregnancy, and in May 2016 she and her husband welcomed their son, Teddy, into the world. Just a few hours later, they woke to find him cold and unresponsive, and the happiest day of Elle's life had turned into every parent's worst nightmare. Three days after delivering him into the world, she sat with Teddy as he took his last breaths, and tucked him in for the final time. Ask Me His Name is a moving account of Elle's pregnancy, Teddy's life, and what happens when a mother leaves hospital with empty arms. In the UK, 1 in 4 pregnancies end in loss, but conversations about the heartbreakingly frequent experience are few and far between. In this honest and hopeful exploration of mothering, Elle shows us how she navigated a parenthood no one had prepared her for.



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I Will Carry You

Angie Smith



In 2008, Angie Smith and her husband Todd (lead singer of the group Selah) learned through ultrasound that their fourth daughter had conditions making her "incompatible with life." Advised to terminate the pregnancy, the Smiths chose instead to carry this child and allow room for a miracle. That miracle came the day they met Audrey Caroline and got the chance to love her for the precious two-and-a-half hours she lived on earth. Upon receiving the original diagnosis, Angie started a blog (Bring the Rain) to keep family and friends informed of their journey. I Will Carry You tells the powerful story of a parent losing her child, interwoven with the biblical story of Lazarus to help those who mourn to still have hope--to find grace and peace in the sacred dance of grief and joy.

Help To Heal: ... After The Loss Of A Baby

LeighAnne Marie Wright



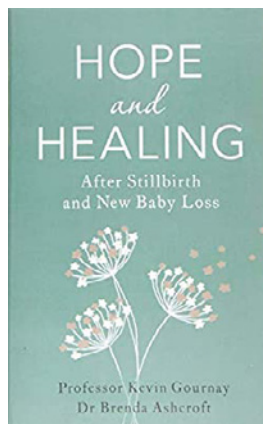
Help to heal is an emotional and practical approach for anyone struggling to make sense of their new world, after the death of a precious baby. LeighAnne Wright's story of the death of her stillborn baby boy Beau, and her subsequent healing journey, is like no other baby loss book. The book is an open and often brutally honest account of the pain LeighAnne encountered, but also offers a glimmer of hope in the darkest of times. When a death occurs life can be confusing, chaotic and the world as you knew it is forever changed. Every aspect of life feels out of control and with a structured approach to processing grief LeighAnne aims to hand back that control to the bereaved.



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Hope And Healing After Stillbirth and New Baby Loss (Overcoming Common Problems)

Kevin Gournay & Brenda Ashcroft



Whether it happens before or shortly after birth, the loss of a baby brings overwhelming grief and parents often struggle to access the professional help they need. In this book, Professor Kevin Gournay- who himself lost a child to stillbirth- and distinguished midwife Dr Brenda Ashcroft offer understanding of what it means to go through this bereavement, and healing advice on how to make sense of it. They give important information about parents' rights, and cover such difficult topics as post mortems and inquests. The book considers parents' reactions, not least feelings of anger, as well as offering help for, and insight into, the relationship difficulties that often follow the loss of a baby. There is support for anyone who might be experiencing anxiety or depression, advice on how other children in the family might be affected, and possible prevention and treatment for future pregnancies.

Finley's Footprints

Mel Scott



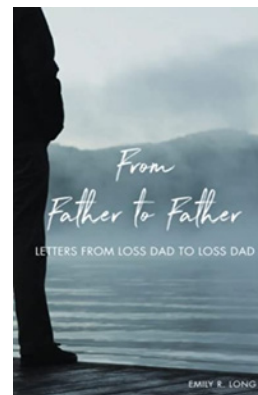
What does it feel like to lose a child you never really met? How do people cope with such a devastating loss? Shrouded by fear and taboo, the stories of these babies and their parents rarely if ever get heard. Speaking up loud and clear about her own son Finley and the challenging months following his birth, Mel Scott presents a warts-and-all account of life after the loss of a baby. Frank, insightful and moving, Finley's Footprints is an unexpectedly captivating book that gets right to the heart of the meaning of love.



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From Father To Father: Letters From Loss Dad to Loss Dad

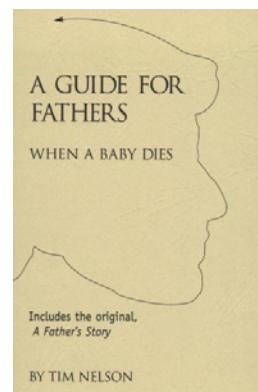
Emily R Long



This book is a simple book of letters written for you, a grieving loss dad, from other loss dads who are living and surviving after the death of their precious child. In the pages of this book, fathers from around the world share letters of love from their hearts to yours with the hope that, maybe, in the darkest, loneliest hours of grief, you will find a little bit of comfort in the words of another father who has been where you are now. Too often a father's grief and experience of loss is overshadowed or unacknowledged after the death of their children. This book offers acknowledgement and gives voice to the experience of fathers grieving their children. The fathers speaking through these pages offer support and recognition to let you know that you are not alone. They are here with you.

A Guide For Fathers: When A Baby Dies

Tim Nelson



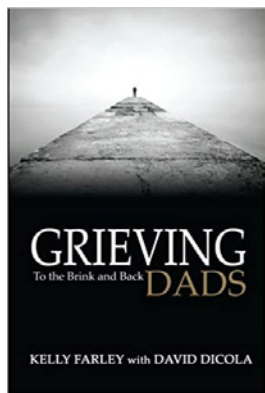
This pocket sized book is for men who experience the death of their infant child-- whether it be miscarriage, stillbirth or early infant death. Meant to be a guide during the early hours and days after finding out the news of their baby's death, the book offers suggestions for communicating with medical caregivers, offering support to their partner, telling the news to other children, making funeral arrangements and taking care of themselves in a time of crisis. It goes on to talk about effective communications during the months following the loss, going to a support group, * to the workplace, and the issues surrounding a subsequent pregnancy.



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Grieving Dads: To The Brink And Back

Kelly Farley with David Dicola



Grieving Dads: To the Brink and Back is a collection of candid stories from grieving dads that were interviewed over a two year period. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. They are real stories that pull no punches and are told with brutal honesty. Men that have shared their deepest and darkest moments. Moments that included thoughts of suicide, self-medication and homelessness. Some of these men have found their way back from the brink while others are still standing there, stuck in their pain. The core message of Grieving Dads is “you’re not alone.” It is a message that desperately needs to be delivered to grieving dads who often grieve in silence due to society’s expectations. Stories appearing in the book have been carefully selected to represent a cross-section of fathers, as well as a diverse portrayal of loss. This approach helps reflect the full spectrum of grief, from the early days of shock and trauma to the long view after living with loss for many years. Any bereaved father will find brotherhood in these pages, and will feel that someone understands them. While there is plenty of raw emotion in this book—the stories are not exercises in self-pity nor are they studies in grief. They are survival stories instead. Some are testimonies to hope. Some are gut-wrenching accounts of overwhelming despair. But all of them are real-life stories from real-life grieving dads, and they show that even if one reaches his physical and emotional bottom, it is possible (although not easy) to live through that pain and find one’s way to the other side of grief.



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It’s Ok That You’re Not Ok: Meeting Grief And Loss In A Culture That Doesn’t Understand

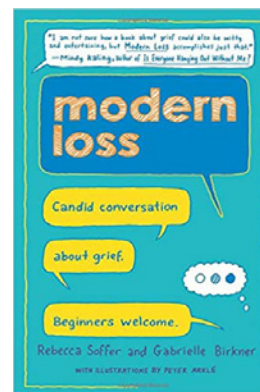
Megan Devine



With It’s OK That You’re Not OK, Megan reveals a path for navigating grief and loss not by trying to escape it, but by learning to live inside of it with more grace and strength. Through stories, research, life tips, and mindfulness-based practices, she offers a unique guide through an experience we all must face. Here she debunks the culturally prescribed goal of returning to a normal, “happy” life, replacing it with the skills and tools to help us experience and witness the pain of loss in ourselves and others--so we may meet our grief knowing it to be a natural step in the greater journey of love.

Modern Loss: Candid Conversation About Grief. Beginners Welcome.

Rebecca Soffer



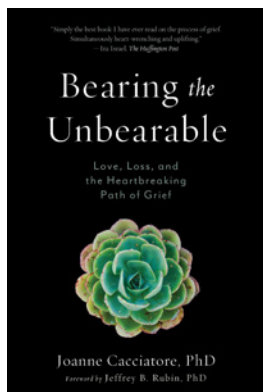
This book is a fresh and irreverent examination into navigating grief and resilience in the age of social media, offering comfort and community for coping with the mess of loss through candid original essays from a variety of voices, accompanied by gorgeous two-color illustrations and wry infographics. At a time when we mourn public figures and national tragedies with hashtags, where intimate posts about loss go viral and we receive automated birthday reminders for dead friends, it’s clear we are navigating new terrain without a road map. Soffer and Birkner, along with forty guest contributors, reveal their own stories on a wide range of topics including triggers, sex, secrets, and inheritance.



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Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief

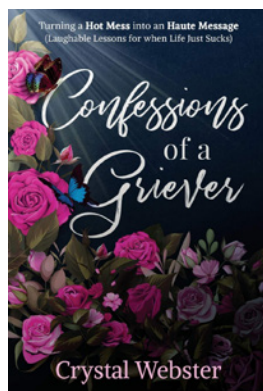
Joanne Cacciatore



Grief and love are two expressions of the same process--and nothing is more mysteriously central to becoming fully human. For any who love, grieving is all but inevitable. When a loved one dies, the pain of loss can feel unbearable--especially in the case of a traumatizing death that leaves us shouting NO! with every fiber of our body. Grief commands our attention and erupts unpredictably, inescapably. The process of grieving can feel wild and nonlinear--and often lasts for much longer than other people, the non-bereaved, tell us it should. And it is important.

Confession Of A Griever: Turning A Hot Mess Into An Haute Message (Laughable Lessons For When Life Just Sucks)

Crystal Webster



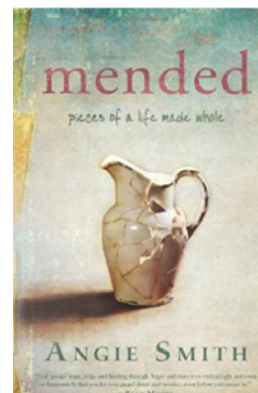
Grief sucks, but you don't have to. Part memoir, part self-help, part choose your own grief guide; this cheeky and honest book takes a hard look at society's view of grief and flips it the bird. If you've encountered a traumatic loss (of any kind) and you want to use your experiences to make yourself better (and less bitter), then the sugar-coated platitudes everyone gives you just won't cut it. In Confessions of a Griever: Turning a Hot Mess into an Haute Message, this book will help you realize that grief is grief—whatever it is and however you experience it. Everyone experiences it differently and everyone feels crazy while living through it. You're NOT crazy and your feelings ARE normal. You just need to embrace the ride and 'Remember. You're not alone.'



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Mended: Pieces Of A Life Made Whole

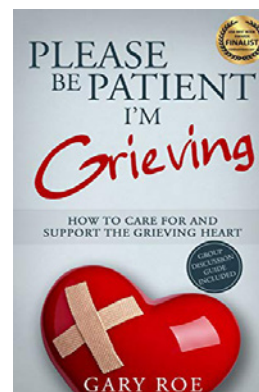
Angie Smith



We love to cheer for the underdog and believe to our core that every life makes a difference. And we are right. There is no one God can't use and no one whose brokenness is too broken for God. We know this is true for our friends when we want to encourage them. Yet, when it comes to the places of our innermost sense of shame and regret, we often wonder if it is really true that God can work all things together for good for those who love Him. Mended takes you on a journey to show how faith lived in the regular events of daily life is all that it takes to be a part of creating God's picture of redemption in your life and those around you. Your life does make a difference--because of how He is magnified in the cracks.

Please Be Patient, I'm Grieving: How To Care For And Support The Grieving Heart

Gary Roe



If you're wanting to help someone who's grieving, you'll get a glimpse of what's going on inside them and be better able to support them. If you're in the midst of loss, you'll see yourself as you read, and be encouraged that you aren't as weird as you thought. In Please Be Patient, I'm Grieving, you will learn...

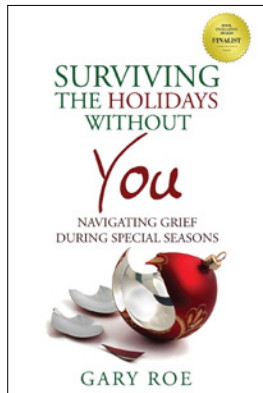
- How hurting, grieving people are thinking/feeling.
- How to discover what they need and don't need.
- What to say and not to say.
- How to be a help and not a hindrance in the grieving process.
- How the grief and pain of others can affect you.
- How helping others stimulates your own personal healing.



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Surviving The Holidays Without You: Navigating Grief During Special Seasons

Gary Roe

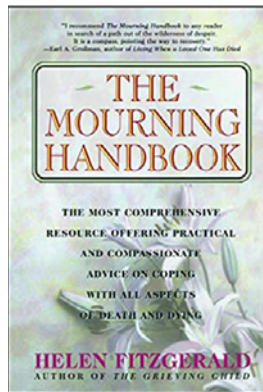


Speaking from both personal and professional grief experiences, he will empower you to navigate special days and seasons with new confidence. Holidays are difficult, especially when you're grieving the loss of someone you love. In this book:

- Deal with unspoken yet powerful expectations
 - Handle continual memories and reminders of your loved one
 - Face feeling misunderstood, lonely, and isolated,
 - Process unpredictable emotions/feeling vulnerable
 - Take yourself and your own heart seriously
 - Make good choices: what to do, how, & with whom
- Facing a holiday while grieving the loss of a spouse, child, parent, or someone close is tough duty. Use holidays and special times to help you grieve and honor the one you're missing.

The Mourning Handbook

Helen Fitzgerald



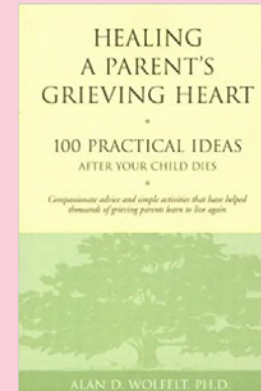
Even with the help of friends and family, grieving the death of a loved one can be a complex, sometimes overwhelming, process. The Mourning Handbook is written as a companion to those mourners in need of practical and emotional assistance during the trying times before and after the death of a loved one. Having counseled thousands of people who have experienced loss, Helen Fitzgerald gives special attention to the complex emotions that can accompany especially traumatic situations, such as when a loved one has been murdered, when there have been multiple deaths, when a body has not been recovered, or when the mourner has been the inadvertent cause of death.



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Healing A Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies

Alan D. Wolfelt



Presenting simple yet highly effective methods for coping and healing, this book provides answers and relief to parents trying to deal with the loss of a child. It offers 100 practical, action-oriented tips for embracing grief, such as writing a letter to the child who has died; spending time with others who will listen to stories of grief; creating a memory book, box, or Web site; and remembering others who may still be struggling with the death.

The guide also addresses common problems for grieving parents, including dealing with marital stress, helping surviving siblings, dealing with hurtful advice, and exploring feelings of guilt. This compassionate resource will aid parents who have been through the death of a child--whether the passing happened recently or many years ago, whether the child was young or an adult.

Healing After Loss: Daily Meditations For Working Through Grief

Martha Whitmore Hickman



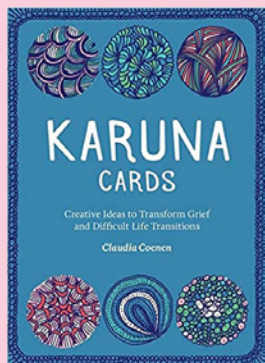
The classic guide for dealing with grief and loss. For those who have suffered the loss of a loved one, here are thoughtful words to strengthen, inspire and comfort.



Ripples of Compassion

Karuna Cards: Creative Ideas To Transform Grief & Difficult Life Transitions

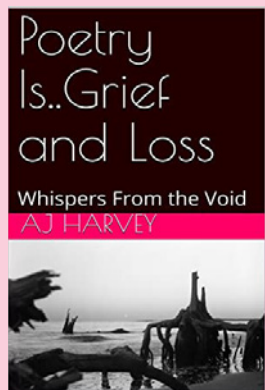
Claudia Coenen



The Karuna Cards were developed in counseling with bereaved families and individuals, and are designed to help anyone struggling with loss, grief or difficult life transitions. Writing in a journal is an effective therapeutic technique, but many people find it difficult to know where to begin. The Karuna Cards help by providing prompts and questions that can be used as starting points, in addition to suggesting therapeutic activities or ideas for simple meditations. Readers can respond to each card by doing the activity, writing in a personal journal or using it in conversation with someone they trust.

Poetry Is... Grief And Loss

AJ Harvey



Poems that define various spectrums of heartbreak. From relationship breakups to the loss of a loved one. Poems that explore life changing events, from wars to world endings. Even looking at the human life path and what lies beyond. Words that speak to the heart.



Ripples of Compassion

Speaking In Tears: The Poetry In Grief

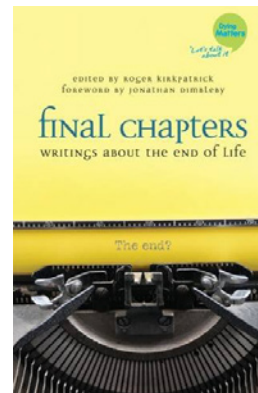
Grace Andren



Grace's poignant words have been used in countless Eulogies, Funeral Prayers and Condolences for grieving families. Speaking In Tears is a beautiful book of poetry, thoughtfully arranged with poetry, and pictures to express an array of emotions. Speaking In Tears takes the reader on a journey from: Grief and Depression to Peace and Acceptance and is filled with Love and Longing.

Final Chapters: Writings About The End Of Life

Roger Kirkpatrick



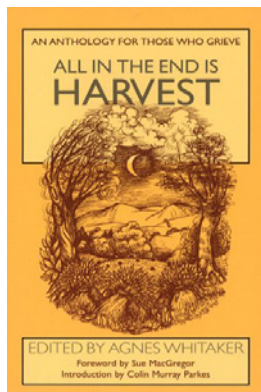
This collection brings together 30 short stories and poems about dying and bereavement. Written by mothers, fathers, daughters, sons, wives, husbands and dying people, these moving pieces talk honestly about how it feels to care for someone who is dying, to grieve for a loved one, and to face death oneself. A candid story about a daughter's relationship with her mother's carer; an internal monologue on dementia; a deeply moving poem about losing a son to cot death; and a heartfelt story about a mother's end of life are some of the poignant pieces included. This collection provides an opportunity to think and talk about death and dying, too often a taboo subject, and offers readers the rare comfort and support of shared experience.



Ripples of Compassion

All In The End Is Harvest: An Anthology For Those Who Grieve

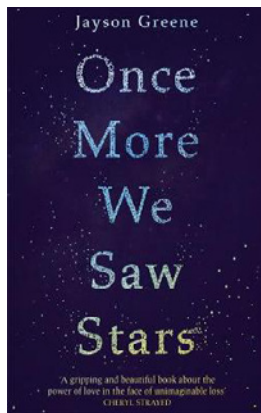
Agnes Whitaker & Sue MacGregor



The expertise of the whole Cruse Bereavement Care organisation has been tapped to provide extracts of prose and poetry known to have been of real help to bereaved people. Many of Cruse's 6,500 voluntary counsellors and workers have sent contributions, as have members from their branches throughout the United Kingdom and individual members elsewhere. Agnes Whitaker has edited them, added her own contributions and written her personal comments to bring the extracts close to the experience of every grieving person. This is not a book to read all at once. It is a perfect bedside book, to be dipped into when sleep does not come, when concentration is poor and when there is an overwhelming sense of loss.

Once More We Saw Stars

Jayson Greene



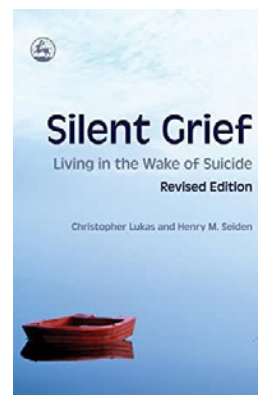
A moving, transcendent memoir of the loss of a child and the survival of love in the wake of unimaginable tragedy.



Ripples of Compassion

Silent Grief: Living In The Wake Of Suicide

Christopher Lukas & Henry M. Seiden



Text Silent Grief is a book for and about “suicide survivors” - those who have been left behind by the suicide of a friend or loved one. Author Christopher Lukas is a suicide survivor himself- several members of his family have taken their own lives- and the book draws on his own experiences, as well as those of numerous other suicide survivors. These personal testimonies are combined with the professional expertise of Henry M. Seiden, a psychologist and psychoanalytic psychotherapist. The authors present information on common experiences of bereavement, grief reactions and various ways of coping. Their message is that it is important to share one's experience of “survival” with others and they encourage survivors to overcome the perceived stigma or shame associated with suicide and to seek support from self-help groups, psychotherapy, family therapy, Internet support forums or simply a friend or family member who will listen. “Silent Grief” gives valuable insights into living in the wake of suicide and provides useful strategies and support for those affected by a suicide, as well as professionals in the field of psychology, social work, and medicine.

The Next Place

Warren Hanson



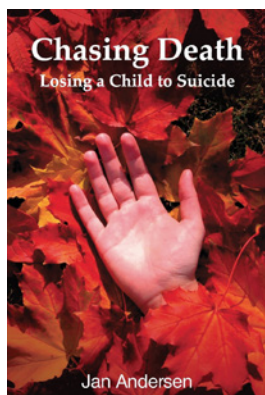
The Next Place brings gentle verse revealing a safe and welcome destination free from earthly hurts and filled with wonder and peace. A comforting message of hope and a gift of compassion for the bereaved. Exquisite, colour illustrations.



Ripples of Compassion

Chasing Death: Losing A Child To Suicide

Jan Anderson



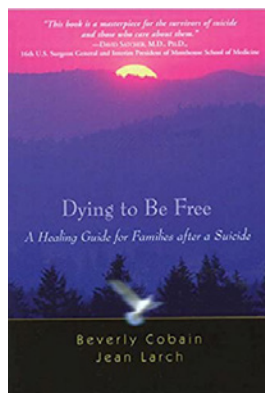
The aim of Chasing Death is to raise money for charity and help families who have suffered the loss of a loved one to suicide.

This is NOT a grief recovery book, but one that attempts to put candid and heartrending words to the often incommunicable pain, guilt and despair that the surviving families endure, not only through the telling of the author's story, but through the experiences of other families mourning the loss of a child, stepchild, grandchild, sibling, friend or relative to suicide.

Although this book will break your heart, it will also provide solace to other child suicide griever in the knowledge that their thoughts and feelings are entirely normal and that they are not alone.

Dying To Be Free: A Healing Guide For Families After A Suicide

Beverly Cobain



Honest, gentle advice for those who have survived an unspeakable loss—the suicide of a loved one.

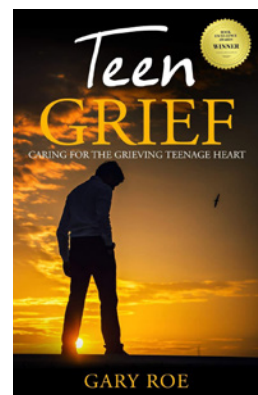
Transforming suffering into strength, misconceptions into understanding, and shame into dignity, Beverly Cobain and Jean Larch break through the dangerous silence and stigma surrounding suicide to bring readers this much-needed book.



Ripples of Compassion

Teen Grief: Caring For The Grieving Teenage Heart

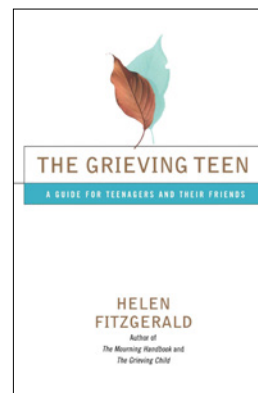
Gary Roe



Award-winning author and grief counselor Gary Roe wrote Teen Grief at the request of parents, teachers, coaches, and school counselors. Born of personal experience and more than three decades of interacting with grieving teens, this informative, practical handbook is replete with guidance, insight, and ideas for helping teens navigate the turbulent waters of loss. Though Teen Grief primarily focuses on losses due to death, the principles discussed can be applied to any loss a teen might be experiencing.

The Grieving Teen: A Guide For Teenagers And Their Friends

Helen Fitzgerald



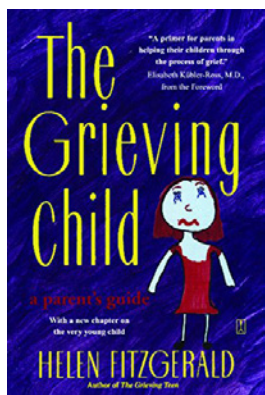
In this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives teens the tools they need to work through their pain and grief. Although the circumstances surrounding a death are difficult to handle at any age, adolescence brings with it challenges and struggles that until now have been largely overlooked. Writing not only about but also for teenagers, Fitzgerald adeptly covers the entire range of situations in which teens may find themselves grieving a death, whether the cause was old age, terminal illness, school violence, or suicide. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.



Ripples of Compassion

The Grieving Child

Helen Fitzgerald



Making a Child's World Whole Again Explaining death to a child is one of the most difficult tasks a parent or other relative can face.

The Grieving Child offers practical, compassionate advice for helping a child cope with the death of a parent or other loved one. Parents of children from preschool age to the teen years will find much-needed guidance, covering:

- Helping a child visit the seriously ill or dying
- Using language appropriate to a child's age level
- Selecting useful books about death
- Handling especially difficult situations, including murder and suicide
- Deciding whether a child should attend a funeral

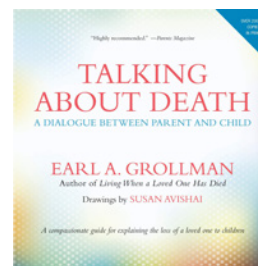
With a new chapter devoted to the special issues of the bereaved toddler, The Grieving Child provides invaluable suggestions for dealing with a child's emotional responses (including anger, guilt, and depression) and helping a child adjust to a new life.



Ripples of Compassion

Talking About Death: A Dialogue Between Parent And Child

Earl A. Grollman

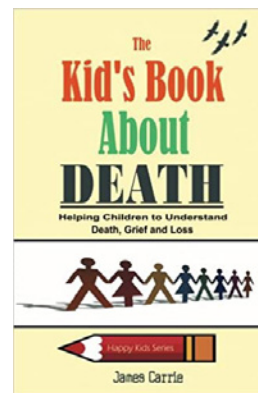


Why do people die? How do you explain the loss of a loved one to a child? This book is a compassionate guide for adults and children to read together, featuring a read-along story and answers to questions children ask about death.

Talking about Death is a classic guide for parents helping their children through the death of a loved one. With a helpful list of dos and don'ts, an illustrated read-along dialogue, and a guide to explaining death, Grollman provides sensitive and timely advice for families coping with loss. It explains what children at different developmental stages can and can't understand about death; reveals why it's crucial to be honest about death; helps you understand the way children express emotions like denial, grief, crying, anger, and guilt; and discusses children's reactions to different kinds of death, from the death of a parent to the death of a pet.

The Kids Book About Death: Helping Children To Understand Death, Grief And Loss.

James Carrie



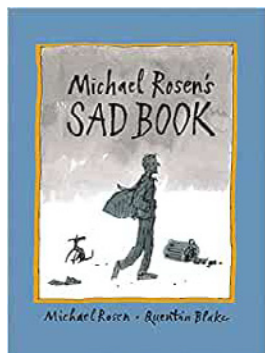
Both parents or caregivers and kids will find this book helpful as the book addresses some difficult questions and issues concerning death in a friendly manner for kids to understand. This book clarifies the whole concept of death to children and also answers some difficult questions in a sensitive yet simple manner. As a father and a scholar in child psychology, James uses his experience, knowledge and research to offer a loving and truly helpful guide about death for kids.



Ripples of Compassion

Michael Rosen's Sad Book

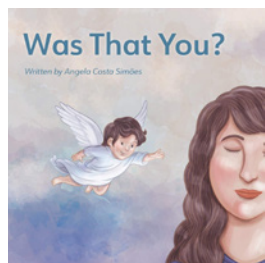
Michael Rosen (& Quentin Blake)



Very occasionally the term non-fiction has to stretch itself to accommodate a book that fits into no category at all. Michael Rosen's Sad Book is such a book. It chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain. It wasn't made like any other book either; Michael Rosen said of the text, "I wrote it at a moment of extreme feeling and it went straight down onto the page ... Quentin didn't illustrate it, he 'realized' it. He turned the text into a book and as a result showed me back to myself.

Was That You: A Story About The Signs We Receive From Loved Ones Who Have Passed

Angela Costa Simoes



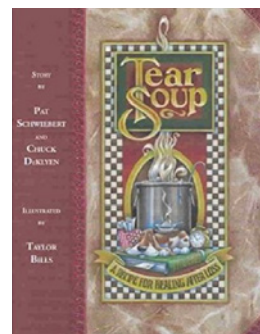
Losing a child is every parent's worst nightmare. There is nothing that makes any of it better. The signs we receive give us some comfort, and we hold onto those signs as a way of staying connected to our children. After losing her 9 month old son, Alexandre, unexpectedly in 2019, author Angela Costa Simoes found herself wanting to continue doing whatever she could to stay connected to her son and take care of him, and his memory. This book is written in the style of a children's book so that parents can read it to their child who has passed on as a way to stay connected. There are pages to also include one's own examples of signs they have received. 100% of all sales are donated to a scholarship created in Alexandre's memory.



Ripples of Compassion

Tear Soup: A Recipe For Healing After Loss

Pat Schwiebert, Chuck DeKlyen et al.



In this modern-day fable, a woman who has suffered a terrible loss cooks up a special batch of "tear soup," blending the unique ingredients of her life into the grief process. Along the way she dispenses a recipe of sound advice for people who are in mourning. A book for all ages that helps understand grief.

Someone Came Before You

Pat Schwiebert



This book addresses the surviving child of a family that has suffered a miscarriage or stillbirth.

Recommended by age level two and up, Someone Came Before You tells the story of losing a child in plain terms and illustrations, and then offers very practical advice to parents concerned with how to tell a child about the sibling that came before them.

We Were Gonna Have A Baby, But We Had An Angel Instead

Pat Schwiebert



A new book created especially for children who are suffering the loss of their families pregnancy.



Ripples of Compassion

The Invisible String

Patrice Karst



Parents, educators, therapists, and social workers alike have declared *The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love. Does everybody have an Invisible String? How far does it reach? Does it ever go away? This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love.

Badger's Parting Gifts

Susan Varley



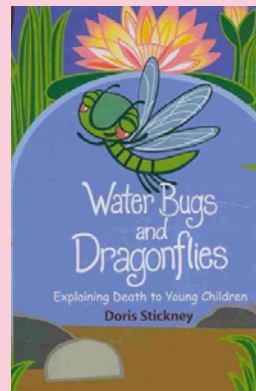
Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends. Endorsed by Child Bereavement UK.



Ripples of Compassion

Water Bugs And Dragonflies: Explaining Death To Young Children

Doris Stickney



The Pilgrim Press introduces its perennial bestseller "Water Bugs and Dragonflies: Explaining Death to Young Children" by Doris Stickney in coloring book format.

The Dragonfly Story: Explaining The Death Of A Loved One To Children And Families

Kelly Owen



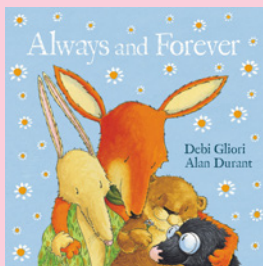
This beautifully illustrated story is an adaptation of the fable of the transformation of the dragonfly. This fable has been long used to explain death and the hope of heaven. Using the experience of the death of her eldest child, the author, Kelly Owen, has retold the fable in simple terms to encourage children and families to talk about death and what happens when we die. The book does not shy away from the subject of death, but aims to explain it in a real and loving way. The book is ideal for people of all beliefs and none. *The Dragonfly Story* offers hope and comfort to the bereaved.



Ripples of Compassion

Always and Forever

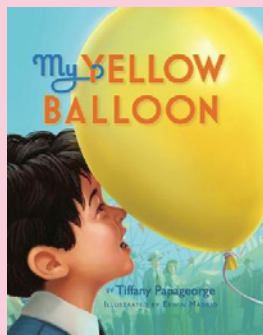
Alan Durant



When Fox dies the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.

My Yellow Balloon

Tiffany Papageorge



That's where Joey makes a new friend: a bright yellow balloon. Joey and his beloved balloon do everything together, until the balloon accidentally slips off Joey's wrist and flies far, far away. What will Joey do without his special friend?

Tiffany Papageorge has crafted a poignant tale of love, loss, and letting go that will serve as a comforting guide to children who are navigating the complicated emotions of grief. Rich, luminous illustrations by Erwin Madrid perfectly capture these timeless themes, making them accessible to even the youngest reader.



Ripples of Compassion

Annabelle & Aiden: What Happens When We Die?

J R Becker



In this inspiring, life-affirming tale, Annabelle asks, "What happens when we die?" Aiden dreams of an afterlife with marshmallow shoes and chocolate kangaroos. But with the help of their dear friends like the Skeptisaurus and Tardigrade Tom, the children discover what we do know, and how worth celebrating it is. How our atoms rejoin the universe, which remains forever changed by our lives. How our energy lasts forever, along with the stories of our loved ones we keep alive by honoring their memories. And most of all, how mortality can inspire us to appreciate the incredible opportunity we've been given: to live the best, most meaningful lives we can, surrounded by the people we love.

Here in the Garden

Briony Stewart



From award-winning author and illustrator Briony Stewart comes a tender picture book about loss, love and friendship.

The wind is raking through the falling leaves and I wish that you were here. As the seasons change, a young boy shares the magic of his garden with a special friend.

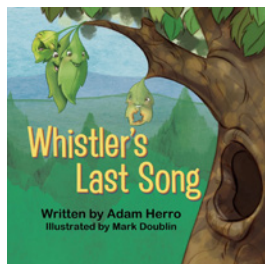
Here in the Garden is a personal tale from Briony's life and shows that you can always find your way back to a loved one through your heart and memories.



Ripples of Compassion

Whistler's Last Song

Adam Herro



“Whistler’s Last Song” is a comforting, educational story parents can read together with their children to help address the most common misconceptions about death when coping with the loss of a loved one. Set deep in the forest, “Whistler’s Last Song” tells the story of the Leaf family’s son, Whistler, who was born with a hole in his tummy. Each time the winds blow across his belly, it creates a peaceful melody for the whole forest to hear. As time goes on, the heavy winds against Whistler’s tummy cause his stem to tear more and more from the tree where he lives with his family. As Whistler’s last night approaches, the animals of the forest gather around the tree to voice their questions about death and dying to the wise Papa Oak. The love and support Papa Oak provides brings peace to both the animals and reader alike.

The Goodbye Book

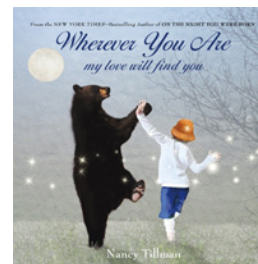
Todd Parr



From bestselling author Todd Parr, a poignant and reassuring story about loss. Through the lens of a pet fish who has lost his companion, Todd Parr tells a moving and wholly accessible story about saying goodbye. Touching upon the host of emotions children experience, Todd reminds readers that it’s okay not to know all the answers and that someone will always be there to support them. An invaluable resource for life’s toughest moments.

Wherever You Are, My Love Will Find You

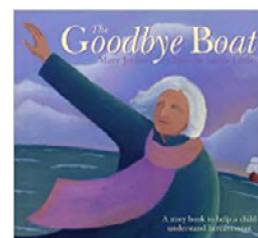
Nancy Tillman



. . . I wanted you more than you’ll ever know, so I sent love to follow wherever you go. . . . Love is the greatest gift we have to give our children. It’s the one thing they can carry with them each and every day. If love could take shape it might look something like these heartfelt words and images from the inimitable Nancy Tillman. Here is a book to share with your loved ones, no matter how near or far, young or old, they are.

The Goodbye Boat

Claire Warren



Pictures tell a very simple story of the sorrow of seeing the goodbye boat take a friend away... and the confidence of believing they travel to a bright shore beyond.

Muddles, Puddles and Sunshine

Diana Crossley



This book offers a structure and an outlet for the many difficult feelings which inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief, whilst finding a balance between remembering and having fun. This book is a useful companion in the present, and will become an invaluable keepsake in the years to come.

Sad Isn't Bad: A Good-grief Guidebook for Kids Dealing with Loss

Michaelene Mundy



Sad Isn't Bad offers children of all ages a comforting, realistic look at loss--loaded with positive, life-affirming helps for coping with loss as a child. It's a book that promotes honest and healthy grief--and growth.

The Huge Bag of Worries

Virginia Ironside & Frank Rodgers

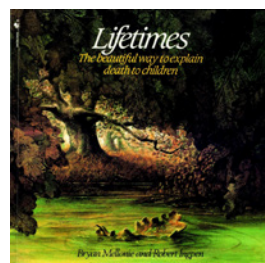


Wherever Jenny goes, her worries follow her- in a big blue bag. They are with her all the time- at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them?

A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.

Lifetimes

Bryan Mellonie



A pet . . . a friend . . . or a relative dies, and it must be explained to a child. This sensitive book is a useful tool in explaining to children that death is a part of life and that, eventually, all living things reach the end of their own special lifetimes.



Ripples of Compassion

These Precious Little People

Frankie Brunker & Gillian Gamble



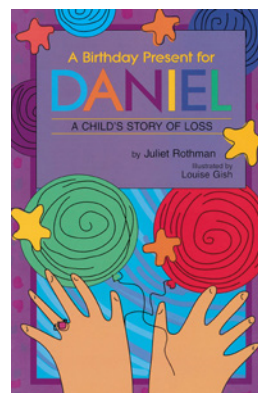
This book was created in loving memory of all babies gone too soon. The author knows from personal experience just how painful it is for a family to have to say goodbye to a precious little one and how difficult it can be to explain what happened to any living children affected.

Anyone supporting children affected by the death of a baby can use this book as a way to provide a more positive focus and to help remember these precious little people with love and pride.

These Precious Little People can be used as a framework from which to have open and honest conversations where the circumstances specific to each baby's death can be explained more fully as necessary. Families reading the book with their children can develop an understanding that any grief they are experiencing (or witnessing) is normal and healthy.

Birthday Present for Daniel: A Child's Story of Loss

Juliet C. Rothman



Ellen has lost her brother, and she shares with readers just how his death has changed the way her family interacts and the way she thinks about herself and others.



Ripples of Compassion

Since My Brother Died

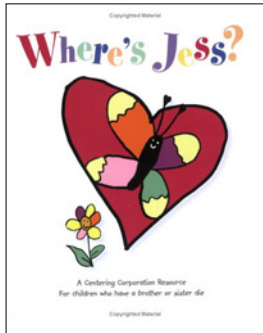
Marisol Muanoz-Kiehne & Glenda Dietrich



Includes both English and Spanish translations of a caregivers section, teachers section, and a story for children. In this book, the child talks about how things are different since his brother died. In the end, the child realizes his brother is still alive in his heart.

Where's Jess?

Joy Johnson & Marvin Johnson



Written after Ray and Jody Goldstein's daughter, Jess, died at age nine months. Simple and easy for children to understand. For siblings who had baby at home. Sometimes when I talk about Jess, Mommy cries. I'm scared that my talking makes her cry. Mommy smiles. She says I don't need to be afraid of her tears. I can talk about Jess all I want to.

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