

RESOURCES FOR THOSE EXPERIENCING GRIEF (May 2011)

Colour Coding: ADULTS TEENS &/OR ADULTS AGES 2-10 PROFESSIONALS, CAREGIVERS

**Recommended by Sheri-Lee Langlois, BA, B.Ed, M.Ed, Grief & Death Studies
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No Time for Goodbyes: Coping with Sorrow, Anger, and Injustice After a Tragic Death, Janice Harris Lord, Pathfinder Publishing of California, Fifth Edition 2000, ISBN 0-934793-68-9 (available from M.A.D.D. (Mothers Against Drunk Driving) by request, Edmonton, 488-6233)

"It is hoped the suggestions offered will help survivors realize that getting better means talking about what has happened. It means finding safe, supportive people with whom to share the pain. It means being patient with themselves when progress is slow. It means finding positive things to do. It also means believing that some thread of good can come from the ashes of despair."

The Worst Loss: How Families Heal from the Death of a Child, Barbara D. Rosof, Henry Holt & Co., New York, 1995, ISBN 0-8050-3241-X (available from Chapters)

Included are many causes for grief in families, e.g. suicide, murder, sudden death, terminal illness, AIDS, stillbirths and sudden infant deaths. Each cause generates its own grief processes and issues.

How to Survive the Loss of a Child: Filling the Emptiness and Rebuilding Your Life, Catherine M. Sanders, Prima Publishing of California, 1998, ISBN 0-7615-1289-6 (Chapters)

The five phases of grief, how families grieve, dealing with guilt and anger, surviving the emptiness, beginning to live once more, and how we can help ourselves are some of the chapter titles, as well as a list of self-help organizations and other references.

***The Grief Club: The Secret to Getting Through All Kinds of Change, Melody Beattie, Hazelden, 2006, ISBN 1-59285-349-8 Author of *Codependent No More*, Melody Beattie finds herself cast into a new "club" after her 12 year old son, Shane, died. She experiences many of life other losses too, including divorce and drug addiction. "The secret for getting through life's losses lies in joining the club and sharing your story with people who listen and care and understand."

***The Five Things We Cannot Change and the Happiness We Find in Embracing Them, David Richo, Shambhala, 2008, ISBN 1-59030-556-6 "There are certain facts of life that cannot change. Blending Western psychology & Eastern spirituality, Richo shows us that by dropping our deep-seated resistance to these givens, we can find liberation and discover the true richness that life has to offer."

***Faith: Trusting Your Own Deepest Experience, Sharon Salzberg, Riverhead Books, 2002, ISBN 978-1-57322-340-9 Using Buddhism as her platform, Salzberg strips away negative conceptions that dismiss faith as being divisive or requiring blind adherence to a particular belief system, a refuge that can be nurtured to soothe life's deepest wounds. "...for anyone who has ever dreamed of facing the unknown with confidence and choosing life."

When the Bough Breaks: Forever after the Death of a Son or Daughter, Judith R. Bernstein, McMeel Publishing, Kansas City, 1998, ISBN 0-8362-5282-9

"Quite simply the best book I know of to help bereaved parents – clear, compassionate, and absolutely on target – Rabbi Harold Kushner...a poignant and sensitive book that offers bereaved parents the comfort of learning how others have navigated this rutted road, it assesses the enduring consequences of loss and sheds light on the evolution in values, perceptions, and relationships that follow the death of a child."

After the Darkest Hour, The Sun will Shine Again: A Parent's Guide to Coping with the Loss of a Child, Elizabeth Mehren, A Fireside Book, New York, 1997, ISBN 0-684-81170-7 (Chapters)

"After Elizabeth Mehren lost her daughter, she set out to write the book she most needed...telling her own story and the stories of other bereaved parents, she discovered that this worst grief of all never ends...but it can transform itself. Above all, it is a journey."

When Bad Things Happen to Good People, Harold S. Kushner, Avon Books, New York, 1983, ISBN 0-380-60392-6 (Chapters)

“Offers a moving and humane approach to understanding life’s windstorms. It raises many questions that will challenge your mind and test your faith regarding the ultimate questions of life and death – Elizabeth Kubler-Ross”

A Time to Grieve: Meditations for Healing After the Death of a Loved One, Carol Staudacher, Harper San Francisco, 1994 ISBN 0-06-250845-8

“First one step – then another – two steps forward – three steps back – this is the real pace of grief...a lifesaver through the treacherous journey of healing to transformation.”

Turn My Mourning Into Dancing: Finding Hope in Hard Times, Henri J.M. Nouwen, Word Publishing, Nashville, 2001, ISBN 0-8499-1711-5

“Drawn from the deep well of Nouwen’s experience as a Catholic priest, a teacher, and a thinker, it offers solace without platitudes.”

Don’t Let Death Ruin Your Life: A Practical Guide to Reclaiming Happiness after the Death of a Loved One, Jill Brooke, Plume Books, 2001, ISBN 0-452-28298-5

“Gives hope and direction for getting through the painful experiences of grief and mourning...provides practical, concrete suggestions...charts a survival course with dignity and hope.”

Found Through Loss: Healing Stories Through Scripture & Everyday Sacredness, Nancy Reeves, Northstone Publishing, Kelowna, BC, 2003, ISBN 1-896836-49-6

“Whether your loss is new or ancient, whether your grief is about death, a relationship estrangement, a move, or the shattering of a dream, any of these 30 stories may have something to say to you.”

Forgiving the Dead Man Walking, by Debbie Morris with Gregg Lewis, Zondervan Publishing House, Grand Rapids Michigan, 1998, ISBN 0-310-23187-6 (only available through Amazon.com)

The most incredible true story I’ve heard of a person who discovered through misery her only path to reconciliation of her loss and a healthy, constructive life after the fact. Her definition of forgiveness of a most horrendous crime had to be defined differently from traditional Christian interpretation. I encourage anyone who has experienced the violent, criminal death of their loved one and cannot rest from their anger and pain to read this story...the best interpretation of forgiveness after unspeakable violence that I have ever heard - and it’s healing me. I’ll be reading it several more times through my journey to reconciliation!

Where is God When It Hurts?, by Philip Yancy, Zondervan Publishing House, Grand Rapids, Michigan, 1971, ISBN 0-310-21437-8

“This book discusses pain – physical, emotional, and spiritual - and helps us understand why we suffer from it and how to cope with our own and that of others. Using examples from the Bible...this edition speaks to everyone for whom life sometimes doesn’t make sense”

When Things Get Back to Normal, M.T. Dohaney, Goose Lane Editions, Fredericton, NB, 2002, ISBN 0-86492-338-4

“One Friday evening, the author’s husband went out to play hockey with his friends. She never saw him alive again. To help herself through this catastrophe, the author recorded a year’s worth of pain and anger as well as her gradual and unexpected healing in her journal that became this book.”

Poems and Readings for Funerals, Julia Watson, Ed., Penguin Books, Toronto, ON, 2004, ISBN 0-14-101496-2

A wonderful selection of poems and readings for before and after...they offer inspiration, remembrance, and hope to survivors in preparation for a funeral and for afterwards.

***Healing the Bereaved Child, Alan D. Wolfelt, PhD, Companion Press, www.centerforloss.com

*****The Deeper Wound: Recovering the Soul from Fear and Suffering, 100 Days of Healing**, Deepak Chopra, "...provides help for healing deep trauma – whenever it arises – so we may find peace in ourselves and in our world." ISBN 1-4000-4505-3

The Flowering of the Soul: A Book of Prayers by Women, Edited by Lucinda Vardey, Alfred A. Knoff Canada, 1999, ISBN 0-676-97262-4

Living When a Loved One Has Died, Earl A. Grollman, Beacon Press, 1995, "This book is about death... This book is about life. A new chapter is beginning, drawing its substance from the pages that went before." Intended to be easily readable in small sections. ISBN 0-8070-2719-7

Finding Hope When a Child Dies: What Other Cultures Can Teach Us, Sukie Miller, PhD, with Doris Ober. A Fireside Book, 1999, "Impactful, spiritual and enlightening. Sukie Miller's personal wisdom, clinical insights, engaging storytelling abilities, and findings from her innovative research are powerfully integrated." Sukie Miller is a psychotherapist and the founder of the Institute for the Study of the Afterdeath in California. ISBN 0-684-86561-0

*****A Child's View of Grief: A Guide for Parents, Teachers & Counsellors**, Alan D Wolfelt, PhD, Companion Press, www.centerforloss.com

More Than Surviving: Caring for Yourself While You Grieve, Kelly Osmont, Centering Corporation Resource, www.centering.org

Disappointment with God, Philip Yancey, Zondervan Publishing, 1992, "...articulates the knotty issues of faith. Yancey poses 3 questions that Christians wonder but seldom ask aloud: Is God unfair? Is he silent? Is he hidden?...provides answers that can soothe a faith that's almost been shattered." ISBN 0-310-51781-8

Food for the Soul: A Best of Bereavement Poetry Collection, edited by Andrea Gambill, Bereavement Publishing, 1998, www.bereavementmag.com

Creeds of Life, Love & Inspiration: A Guidebook of Everyday Wisdom & Thought, Blue Mountain Press, 1999, ISBN 0-88396-520-8

*****Companioning the Dying: A Soulful Guide for Caregivers**, Greg Yoder, Companion Press, 2005, www.centerforloss.com "Companioning the dying is far more about a way of being in the presence of than 'how-to' techniques, methods, or clinical expertise... When our belief system about dying begins to change, we become less apt to interfere with what is already progressing as it is supposed to."

A Path Through Loss: A Guide to Writing your Healing & Growth, Nancy Reeves, PhD, Northstone, 2001 ISBN 1-896836-48-8

Healing Grief at Work: 100 Practical Ideas after your Workplace is Touched by Loss, Alan D. Wolfelt, PhD, Companion Press, 2005, www.centerforloss.com

*****The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships**, Harriet Goldhor Lerner, PhD, Harper & Row, 1985, "...a book that will help women accept their anger and give them strength to do something constructive about it." ISBN 0-06-091565-X

*****Companioning at a Time of Perinatal Loss: A Guide for Nurses, Physicians, Social Workers, Chaplains, and other Bedside Caregivers**, Jane Heutis, RN, & Marcia Jenkins, RN, Companion Press, 2005, www.centerforloss.com

*****Why Me?: Coping with Grief, Loss & Change**, Pesach Krauss, Bantam Books, 1990, "Rabbi Krauss's book teaches the lesson we all need to learn: how to survive and use pain as God's reset button." ISBN 0-553-28228-X

***Healing Through the Shadow of Loss, Deborah Morris Coryell, Healing Arts Press, 2004, "...Coryell describes grief as the experience of not having anywhere to place our love, of losing a connection, an outlet for our emotion. To heal grief we have to learn how to continue to love in the face of loss. Embracing loss allows us to awaken our most profound connections to other people." ISBN 0-89281197-8

In Lieu of Flowers: A Conversation with the Living, Nancy Cobb, Pantheon Books, 2001, "In telling stories about encounters with grief, Cobb opens us up to our own experiences, and she encourages us to accept and honour the 'divine intersections' where the living meet the dying." ISBN 0-375-71448-0

Chicken Soup for the Grieving Soul: Stories about Life, Death and Overcoming the Loss of a Loved One, Jack Canfield & Mark Victor Hansen, Health Communications Inc., 2003 ISBN 1-55874-902-0

***Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart, Alan D. Wolfelt, PhD, Companion Press, 2003, www.centerforloss.com

The Understanding Your Grief Support Group Guide: Starting and Leading a Bereavement Support Group, Alan D. Wolfelt, PhD, Companion Press, 2004, www.centerforloss.com

Poems & Readings for Funerals, edited by Julia Watson, Penguin Books, 2004, ISBN 0-14-101496-2

Creating Meaningful Funeral Experiences: A Guide for Caregivers, Alan D. Wolfelt, Companion Press, 2003, www.centerforloss.com. A wonderful resources for pre-planning funerals, for assisting in the creation of a healing funeral service, and for those who have experienced the funeral of a loved one that left them wanting something better for themselves and their loved ones.

Rituals for Our Times, Evan Imber-Black, ISBN 0-06-092210-9. Rituals and ceremonies of remembrance.

Remembering Well, Sarah York, ISBN 0-7879-5507-8 Ways of creating healing mourning in order to reconcile grief through ceremony.

From Eulogy to Joy, Cynthia K. Beischel, ISBN 0-7388-3799-7 Guidelines for writing eulogies or tributes for funeral and/or memorial services.

Transcending Loss: Understanding the Lifelong Impact of Grief and How to Make it Meaningful, Ashley Davis Prend, Berkley Books, 1997, "We all get broken sooner or later because loss is the price we pay for living and loving. But experience shows that we can become stronger at the broken places and find the opportunity in crisis." ISBN 0-425-15775-X

Motherless Daughters: The Legacy of Loss, Hope Edelman, Dell Publishing, 1995 (Updated Second Edition due Spring 2007), "Ask any woman whose mother has died and she will tell you that she is irrevocably altered, as profoundly changed by her mother's death as she was by her mother's life...a must read for the millions of women whose mothers have gone – but whose need for healing, mourning, and mothering remains." ISBN 0-385-31438-8,

***Making Meaning of the Madness: One Man's Journey Through Grief, Dan Lundine, Tall Timbers Publishing Corp., Langley, BC, 1997, ISBN 0-9680426-1-9, timbers@uniserve.com or (604)534-2826 An RCMP member who served in southern Saskatchewan in the 1960's and then, became a teacher, Dan Lundine experienced the completed suicide of his beloved 25 year old son on Dec. 18, 1994. Dan's grief journal became the basis for his book. It clearly describes his journey with traumatic loss in a way that will speak to many men whose child has died...from the 'elephant on the golf course' when his buddies first invited him to join them in a game - to the affirmation and authentication of his loss that allowed him to grow into hope, again. This book is spiritual but non-denominational and would be appropriate for any gender of reader who is interested in a man's experience with grief within North American culture. It pertains to circumstances of death, other than just suicide.

Journey to the Sacred: Mending the Fractured Soul, Jane Simington, PhD, Taking Flight Books, Edmonton, 2003, www.takingflightbooks.com "...Dr. Simington shares her understanding of symbol in its many forms, including art, dreams, and imagery, as she teaches and guides the healing journey." Jane has worked extensively with Aboriginal communities in Alberta.

***Step into the Light: Living in the Shadow of the Ghosts of Grief, Alan D. Wolfelt, PhD, Companion Press, 2007, www.centerforloss.com Introduces the concepts of "carried" and transgenerational grief.

***Dying to be Free: A Healing Guide for Families After a Suicide, Beverly Cobain & Jean Larch, Hazelden Foundation, 2006, ISBN 1-59285-329-3 "This book is a masterpiece for the survivors of suicide and those who care about them." Highly recommended for families, friends, and those who help people whose loved one has died by suicide.

***Suicide, the Forever Decision: For Those Thinking About Suicide and For Those Who Know, Love, or Counsel Them, Paul G. Quinnett, Crossroad Publishing, 2004, ISBN 0-8245-1352-5 "I only wish I had had this book available to hand out to the troubled students I've counseled over the years – College Professor. I feel the guy who wrote this knows me. I mean, some of the things he talks about are exactly how I feel. And I see things differently now. - 16 year old".

The Spiritual Brain: A Neuroscientist's Case for the Existence of the Soul, Mario Beauregard, PhD. & Denyse O'Leary, Harper One, 2007, ISBN 978-0-06-085883-4 "Drawing on cutting-edge research in brain imaging...Beauregard examines how our brain processes religious, mystical and spiritual experiences...giving us a peek into our very souls."

***Living with Grief: Children and Adolescents, Ed. Kenneth J. Doka & Amy S. Tucci, Hospice Foundation of America's Living with Grief Series, 2008, www.hospicefoundation.org A valuable collection of research-based articles regarding Developmental Perspectives, The Dying Child, Children, Teens, Grief & Loss, Therapeutic Interventions, and Resources

***Disenfranchised Grief: New Directions, Challenges, and Strategies for Practice, Ed. Kenneth J. Doka, Research Press, 2002, www.researchpress.com Includes research-based articles regarding disenfranchised grief of children, teens, and those with developmental disabilities

***Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss, Sameet M. Kumar, PhD, 2005, www.newharbinger.com "Although loss is an inevitable part of life, how you approach this fact can make the difference between meaningless pain and the manifestation of understanding and wisdom...you are capable of transforming and healing the grief you carry and finding the...resilience you need to move through this challenging time." An excellent resource for mature teens and adults who are anticipating or grieving after the death of a loved one; spiritual in content but not specific to any particular faith tradition.

***Unattended Sorrow: Recovering from Loss and Reviving the Heart, Stephen Levine, Rodale, 2005, www.rodalestore.com Another of Levine's contributions to grief literature intended for lay readers, appropriate for mature teens, focusing on the effects of carried or unaddressed grief .

Broken Open: How Difficult Times Can Help Us Grow, Elizabeth Lesser, 2005, ISBN 0-375-75991-3. Discusses the religious and spiritual aspects of suffering. "Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce, job loss, or death of a loved one...she offers tools to help us make the choice we all face in times of challenge: Will we be broken down and defeated, or broken open and transformed? Based on the world's great spiritual and psychological traditions."

Seven Choices: Finding Daylight After Loss Shatters Your World, Elizabeth Harper Neeld, PhD, 2003, ISBN 0-446-69050-3 "Neeld tells of her own poignant loss, the death of her young husband, along with the real-life experiences of over 60 other women and men...with the latest statistical findings on grief and recovery, their stories welp you to answer such questions as 'How can I live through this pain?...Why can't I get over my loss?...Will I ever be happy again?'"

***The Last Lecture, Randy Pausch, 2008, ISBN 978-1-4013-2325-7 "After Randy Pausch, a computer science professor at Carnegie Mellon University was diagnosed with terminal cancer, he was asked to give his last lecture to faculty and students. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment...it was about living, not dying." A powerful personal story of a young family and a brilliant career as Randy perceived Life in the face of death.

The Dying and Bereaved Teenager, Ed. John D. Morgan, ISBN 0-914783-44-0

A resource for professional caregivers...collection of researched articles for professional caregivers.

***You Are Not Alone: Teens Talk about Life after the Loss of a Parent, Lynne B. Hughes, Scholastic, 2005, www.scholastic.com Highly recommended for reading by teens who have lost a parent or are a friend of a grieving teen. "The loss of a parent has been called 'the loss that is forever', and young people who have suffered this loss feel especially different than those around them. Frank and accessible testimonials, along with discussion of what helps, what doesn't, what 'stinks', and ways to stay connected...and beginning the lifelong process of healing."

***I Remember, I Remember: A Keepsake Journal, Enid Samuel Traisman, MSW, Revised 2004, Centering Corporation

***Drawing from the Heart, Barbara Ganim, Quest Books, www.questbooks.net or Chapters Indigo website

A guide to using art as a means of expressing grief and loss. For older children and teens.

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love, Earl A. Grollman, Beacon Press, Boston, 1993, ISBN 0-8070-2501-1 (available from MADD by request, Edmonton Chapter, 488-6233)

"I have spoken to thousands of students in middle schools and high schools about dealing with death. These students often ask, "How come when someone dies, people forget about us? Everyone is trying to help the little kids or the parents, but what about us? Don't we count?"

The Grieving Teen: A Guide for Teenagers and Their Friends, Helen Fitzgerald, Fireside Book, New York, NY., 2000, ISBN 0-684-86804-0

The author addresses death from old age, terminal illness, school violence, or suicide. She speaks about family changes, issues with friends, and problems at school that may result from teens' experiences with death. The Table of Contents allows the reader to pick relevant chapters that offer "What You Can Do" suggestions for various types of personal loss.

How It Feels When a Parent Dies, J. Krementz, Ages 8-15. A collection of photo-essays with statements by 18 bereaved children.

Loss and How to Cope With It, J. Berstein, Helping teens understand and handle loss

***Sarah's Journey: One Child's Experience with the Death of Her Father, Alan D. Wolfelt, PhD., Companion Press, 1992, www.centerforloss.com For children ages approximately 7 to 12 and their parents and teachers.

***Freddie the Leaf, Leo Buscaglia. Non-religious story about life and death cycles in nature. Excellent for early elementary students to read with parents or teachers.

***Jeremy Goes to Camp Good Grief, Rebecca DiSunno, Sarah Zimmerman & Priscilla Ruffin, East End Hospice Inc., 2004, ISBN 0-9754932-0-5 Highly recommended for elementary-aged children "This book is deeply moving, as the main character, Jeremy, eloquently expresses the range of feelings in children who have lost a close relative...warm, inviting, sympathetic...gentle, powerful and comforting."

***Wishes for One More Day, Melanie Joy Pastor, Flashlight Press, 2006, www.FlashlightPress.com
Highly recommended for early elementary-aged children. "Grandfather Poppy dies before they had a chance to say goodbye. Creating a book of wishes provides Anna, Joey, and any child who has experienced loss, with a comforting outlet for their feelings, helping them realize that their loved one is still with them in their memories and hearts."

***Tear Soup, Pat Schweibert & Chuch DeKlyen, www.centeringcorp.com Highly recommended for children of most ages, can be interpreted at all age levels. "A recipe for healing after loss. After Grandy (a grandmother) suffers a loss she cooks up her own batch of tear soup, a blending of different ingredients from her own grief process."

My Grandpa Died Today, J. Fassier, Picture book format

Talking About Death, E. Grollman, For children aged 3-6 years. Illustrated. Includes detailed parent guide.

Last Week My Brother, Anthony, Died, M. Hickman, For children aged 4-10. Picture book about a girl's loss of her baby brother.

Learning to Say Goodbye When a Parent Dies, E. LeShan, Discusses fears and confusion. Good starting point for parent-child discussions.

When Someone Dies, How Do They Feel?, S. McCollum, Ages 3-6. Colouring book format with simple discussion of death

Lifetimes, Mellonie & Ingpen, Ages 3-10, About beginnings and endings in plants, animals, & people. Illustrated.

My Grandmother's Cookie Jar, M. Milner, A Native American girl's grandmother dies. About the continuation of her culture.

***When a Pet Dies, Fred Rogers, Colour photos help children explore & understand emotions, fears and concerns when a pet dies

A Taste of Blackberries, D. Smith, Ages 5-10. A novel about a young boy who suddenly loses his friend and how he comes to grips with his grief.

***The Tenth Good Thing About Barney, J. Viorst, Ages 5-10, Beautifully illustrated book about the death and burial of a pet cat.

***Healing Your Grieving Heart: 100 Practical Ideas for Kids, Alan J. Wolfelt, PhD, www.centerforloss.com Written for children and younger teens to read and pick ideas at random that will support them in different situations and with new feelings.

Thanks to Patch, A Great BIG Hole Teaches Me About Loss, Change, and Grief, Ivy Joy Rose, Ted-bear Publishing, Edmonton, AB, vanhrwrdr@shaw.ca A Story for all ages with activities and discussion sheets included

***Sad Isn't Bad: A Good Grief Guidebook for Kids Dealing with Loss, Michaelene Mundy, Elf-help Books for Kids, 1998, ISBN 0-87029-321-4 Includes a message for parents, teachers and other adults.

****Always and Forever, Alan Durant, www.harcourtbooks.com 2003, ISBN 0-15-216636-X. For younger children, uses animals to tell the story about feelings when a friend dies. Excellent.

****Being There for Someone in Grief, Marianna Cacciatore, 2010, www.rakupress.com. Excellent guide for supporting grief work with groups of children. Marianna's website is www.mariannacacciatore.com

***Creative Journal for Children, Lucia Capaccione, 1982, ISBN 0-8773-497-6 An expressive arts guide that offers many projects for children to complete alone, in school, with parents or friends that encourage them to express their experience of grief and loss through art projects. Ages preschool to high school. Highly recommended

I Had a Friend Named Peter, J. Cohn, Moving & reassuring book about the death of a small child with guidelines for parents and teachers. Beautifully illustrated.

Beyond the Innocence of Childhood: Helping Children and Adolescents Cope with Death and Bereavement, Edited by David W. Adams & Eleanor J. Deveau, Baywood Publishing, 1995, www.baywood.com A series of academic articles. "They well integrate contemporary theory and clinical practice, proving an invaluable guide to educators, clinicians, and caregivers (who assist) children struggling with a wide range of death-related experiences"

Perspectives on Violence and Violent Death, Edited by Robert G. Stevenson & Gerry R. Cox, Baywood Publishing, 2007, www.baywood.com "This timely, interdisciplinary compendium not only presents up-to-the-minute research by international expert on the causes, effects, and responses to violence; it is chock-full of guidelines and practical suggestions for families, schools, and communities coping with...violence...it affirms our faith in humanity."

***Living with Grief: Who we Are: How we Grieve, Ed. Kenneth J. Doka, Joyce D. Davidson, Routledge Publishers, 1998, ISBN 0-87630-898-1. Includes sections on Ethnicity and Culture as factors in bereavement and Gender, Developmental Maturity, Socio-economic Status as factors in bereavement.

***Men Don't Cry...Women Do: Transcending Gender Stereotypes of Grief, Terry L. Martin & Kenneth J. Doka, 2000, ISBN 0-87630-995-3 This research-based text examines contemporary theories of grief, speculates on factors that may influence patterns of coping, e.g. personality, gender, culture, and considers therapeutic interventions likely to be effective with different types of grievers. Martin is a licensed clinical psychologist and professor of thanatology. Doka is a Lutheran minister and Professor of Gerontology, as well as a frequent contributor to research literature through the Hospice Foundation of America.