



HOSPICE



BOOKLIST FOR GRIEVERS

***Chicken Soup for the Grieving Soul* - J. Canfield and M. V. Hansen.** Stories about life, death and overcoming the loss of a loved one. This book covers the loss of partners, children, parents and friends. Available at: Multnomah Co. Library, Clackamas Co. Library, Washington Co. Library.

***Finding Your Way After Your Spouse Dies* - Marta Felber.** Having experienced the death of her spouse the author offers advice on how to navigate difficult days. Along with the advice she offers prayers and Biblical references. Available at: Multnomah Co. Library.

***For Women Who Grieve: Embracing Life After the Death of Your Partner* - Tangea Tansley.** Drawing on her personal grief, the author provides compassionate and practical help in a warm and friendly manner. Available at: Multnomah Co. Library.

***Good Grief* - Granger E. Westberg.**
A constructive approach to the problem of loss.
Available at: Clackamas Co. Library.

***Healing Your Grieving Heart: 100 Practical Ideas* - Alan D. Wolfert.** Author offers practical and achievable ways to turn grieving into mourning. Available at: Multnomah Co. Library, Clackamas Co. Library, Washington Co. Library.

***In The Midst of Winter: Selections from the Literature of Mourning* - edited by Mary Jane Moffat.** In this sensitive collection, loss finds a voice - or several voices - in the poetry, fiction, letter, and diaries of the world's great writers. Available at: Washington Co. Library.

***Lessons from the Light* - George Anderson.** Medium George Anderson offers a personal first-hand glimpse of the Other Side and brings a message of hope and love for all through this vivid and intimate account of his spiritual communications. Available at: Multnomah Co. Library, Clackamas Co. Library, Washington Co. Library.

The following books may be particularly useful in these early days after the death of your loved one. They offer practical suggestions, information on what to expect when you are going through grief and in some cases words of comfort. Following each book description is a listing of libraries where it is available for check out.

***The Orphaned Adult: Understanding and Coping with Grief and Change After the Death of Our Parents* - Alexander Levy.** The author explores parental loss with wisdom, compassion and humor. Available at: Multnomah Co. Library, Clackamas Co. Library, Washington Co. Library.

***Remembering with Love: Messages of Hope for the First Year of Grieving and Beyond* - Elizabeth Levang.** This book offers compassion, love and guidance through the early days and months of grieving. Available at: Clackamas Co. Library.

***Resilient Widowers* - Moore and Statton.** Fifty-one older widowed men relate the attitudes and behaviors they used to attain resiliency after the deaths of their wives. Available at: Multnomah Co. Library.

***What Helped Me When My Loved One Died* - Earl Grollman.** Personal essays about loss and grief. Available at: Clackamas Co. Library.

***How to Go on Living When Someone You Love Dies* - Therese A. Rando.** The author leads you through the painful but necessary process of grieving, and helps you find the best way for yourself to grieve. Available at: Signature Hospice.

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