

Suggested Readings to Continue the Conversation

1. ***Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart***, Alan D. Wolfelt, Ph.D.
 - For bereavement support groups, reference the Bereavement Support Groups Start-Up Package which includes *Understanding Your Grief Support Group Guide*, *Understanding Your Grief* and *The Understanding Your Grief Journal*. To order Dr. Wolfelt's books, visit centerforloss.com.
2. ***Unattended Sorrow: Recovering from Loss and Reviving the Heart***, Stephen Levine
3. ***When Bad Things Happen to Good People***, Harold S. Kushner
4. ***Giving a Voice to Sorrow: Personal Responses to Death and Mourning***, Steven J. Zeitlin and Ilana Beth Harlow
5. ***A Grief Observed***, C.S. Lewis
6. ***Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment***, Marianne Williamson
7. ***On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss***, Elisabeth Kübler-Ross and David Kessler
8. ***Gift of the Red Bird: The Story of a Divine Encounter***, Paula D'Arcy
9. ***Bodies in Motion and at Rest: On Metaphor and Mortality***, Thomas Lynch
10. ***Entering the Healing Ground: Grief, Ritual and the Soul of the World***, Francis Weller

