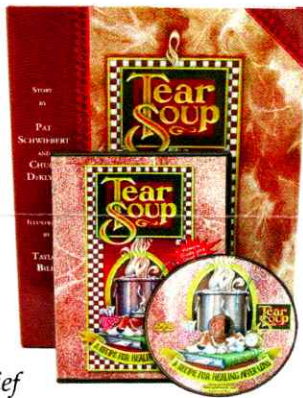


# Books About Grief That You May Find Worth Reading

GO TO YOUR LOCAL bookstore or library or browse Amazon and you will find books on grieving. In fact, books address a thousand issues and situations, including yours, whatever it is.

Many readers face the need to talk about death with a child. Here are four books, listed from the one best for the youngest to one appropriate for all ages, including adults.

- ❖ *The Invisible String*, by Patrice Karst (Geoff Stevenson, illus.)
- ❖ *Lifetimes: The Beautiful Way to Explain Death to Children*, by Bryan Mellonie & Robert Ingpen
- ❖ *The Fall of Freddie the Leaf: A Story of Life for All Ages*, by Leo Buscaglia
- ❖ *Tear Soup*, by Pat Schwiebert & Chuck DeKlyen (Taylor Bills, illus.), with a DVD



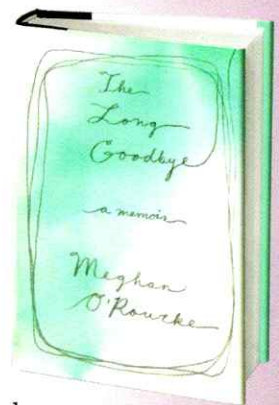
Eloquent memoirs cover every sort of bereavement situation:

- ❖ *Losing a wife: A Grief Observed*, by C. S. Lewis; and *Levels of Life*, by Julian Barnes

- ❖ *Losing a husband: The Year of Magical Thinking*, by Joan Didion
- ❖ *Losing a mother: Wild: A Journey from Lost to Found*, by Cheryl Strayed; and *The Long Goodbye*, by Meghan O'Rourke
- ❖ *Losing a grown child: Blue Nights*, by Joan Didion
- ❖ *Losing a teen: Death Be Not Proud*, by John Gunther
- ❖ *Losing a young child: Holding Silvan: A Brief Life*, by Monica Wesolowska
- ❖ *Losing a younger parent (in this case, both): A Heartbreaking Work of Staggering Genius*, by Dave Eggers
- ❖ *Losing a long-time partner: The Pure Lover*, by David Plante

Many books look at grief from a more academic or clinical view, but general readers still find them useful. Very popular, although questioned by many professionals, is Elisabeth Kübler-Ross's *On Grief & Grieving*. She sees bereavement as a process

with "Stages." Many find the works of Harvard psychologist J. William Worden useful. He presents the idea of "grief-work." Therese Rando takes another view of grief as a process or journey in *How To Go On Living When Someone You Love Dies*.



Dr. George Bonanno, in *The Other Side of Sadness*, disputes both the process and work concepts. He also questions the ideas of delayed grief and closure. Instead, Bonanno focuses on ways you can maintain and build a connection even after biological death.

One or more of these books may help you in addressing your own unique bereavement.

Finally, like many who are grieving, you may find a whole book daunting. Here's a popular way to deal with this. It's a book meant to give you one page a day to read over the course of a year — *Healing After Loss: Daily Meditations For Working Through Grief*, by Martha Whitmore Hickman. ■

## Music Can Heal

IN MANY WAYS music can be a very useful tool when grieving:

- ❖ **Music can help your mood.** Lively music can energize. Quiet music can soothe you.
- ❖ **Music can get you in touch with your emotions.** Song lyrics can speak to you. Music without words can tap into your emotions directly.
- ❖ **Music can get you in touch with the world.** What is your mood? What thoughts fill your mind? You can find a song in the musical style you like. Listening to it can



help you feel you aren't alone. Someone else has felt as you do, which can validate your grief.

- ❖ **Music can become a ritual.** What songs did your loved one most like? What songs played at your wedding? What melodies did you sing to your child at night?

Make those memories live in your mind by listening to them.

- ❖ **Music can be a physical activity.** Making music can lift the spirits, helping your sadness, depression, or even paralyzing grief. Your body moves, breathes, pumps blood.
- ❖ **It can be a social experience.** Go to concerts, be among people, whether in a concert hall or summer concert in a park.
- ❖ **Music can create community.** Involve yourself with others in an ensemble, a drum circle, or a music therapy group. No need to verbalize, just play and share. ■

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