

Journey Through Loss

Bereavement Support Group

London, Ontario

www.journeythroughloss.ca

Book List

A Pilgrimage Through Grief: Healing the Soul's Hurt After Loss

James Miller

A Time To Grieve

Kenneth Haugk

A Time To Grieve: Meditations for Healing After the Death of a Loved One

Carol Staudacher

The Art of Being a Healing Presence

James Miller with Susan Cutshall

Beginnings: A Book for Widows

Betty Jane Wylie

Being a Widow

Lynn Caine

Change and Possibility: Discovering Hope in Life's Transitions

James Miller

Final Gifts

Maggie Callanan and Patricia Kelley

Gentle Closing: How to Say Good-Bye to Someone You Love

Ted Menten

Grief's Courageous Journey: A Workbook

Sandi Caplan and Gordon Lang

Grief: A Natural Reaction to Loss

Margo Eaton Heegard

After Good-bye: How to Begin Again After the Death of Someone You Love

Ted Menten

Good Grief Rituals: Tools for Healing

Elaine Childs-Gowell

Healing After Loss: Daily Meditations for Working Through Grief
Martha Whitmore Hickman

How To Survive the Loss of a Love
Colgrove, Bloomfield and McWilliams

I Can't Stop Crying: It's So Hard When Someone You Love Dies
John D. Martin

It's Okay That You're Not Okay
Megan Devine

Living When a Loved One has Died
Earl Grollman

Living With An Empty Chair
Roberta Temes

Men and Grief: A Guide for Men Surviving the Death of a Loved One
Carol Staudacher

Nobody's Child: How Older Women Say Good-Bye to Their Mothers
Diane Sher Lutovich

***Surviving the Death of a Sibling:
Living Through Grief When an Adult Brother or Sister Dies***
T.J. Wray

The Comfort Book for Those Who Mourn
Anna Trimiew

The Courage To Grieve: Creative Living, Recovery and Growth Through Grief
Judy Tatelbaum

The Journey Through Grief
Alan Wolfelt

When Bad Things Happen to Good People
Harold Kushner

When Grief Breaks Your Heart
James W. Moore

When Mourning Dawns: Living Your Way Fully through the Seasons of Your Grief
James Miller

Wife After Death: Women Coping and Growing After the Death of a Partner
M.L. Anderson

Winter Grief, Summer Grace: Returning to Life After a Loved One Dies

James Miller

Option B: Facing Adversity, Building Resilience, and Finding Joy

Sheryl Sandberg and Adam Grant

The Group: Seven Widowed Fathers Reimagine Life

Donald L. Rosenstein and Justin M. Yopp

Motherless Daughters

Hope Edelman