

Suggested reading list:

Through Grief-Colored Glasses- A Life Reinvented by Devastating Loss ~ by Vicky Edgerly

<https://www.whiteelephantwisdom.com/>

An in-depth look at how one woman learned how to move through her pain and use her grief journey to reinvent herself and create a brand new life full of wonder and joy.

When the bough breaks ~ by Judith Bernstein <https://www.barnesandnoble.com/w/when-the-bough-breaks-judith-r-bernstein/1111013523>

Best book for learning about grief and how it affects our behaviors, our lives and our relationships. I love how the author addresses the fact that we all grieve differently. This book helps folks understand that, allowing for more compassionate acceptance of other family member's methods of dealing with their grief.

The 5 people you meet in heaven ~ by Mitch Albom <https://www.mitchalbom.com/books/five-people-you-meet-in-heaven/>

Great book for helping the reader begin to understand just how connected we all are in life and beyond. This quick-read serves to open the mind to the possibilities of the existence of the afterlife.

Hello from heaven ~ by Bill Guggenheim <http://www.billguggenheim.com/>

Best book for those interested in learning how to recognize 'signs' from your departed loved ones.

Sacred Contracts ~ Awakening your Divine Potential by Caroline Myss https://www.godreads.com/en/book/show/190115.Sacred_Contracts

Highly recommended for those interested in exploring the concept of 'Soul Contract'. This one belief system, once accepted as truth, helped me come to a state of 'peaceful acceptance' even after tragic losses such as suicide.

Understanding that our Souls are in charge of how our lives play out-including how it ends, allowed me to accept my son's decision to end his own life, and then again when my husband made the same choice.

Let's Talk About the Elephant in the Room/ Frank Discussion About Difficult Things ~ by Vicky Edgerly

<https://whiteelephantwisdom.blogspot.com/>

My own blog is a great place to go for insights into the life and death journey. There are several articles focusing on specific types of grief (such as widowhood, loss of a child, grief during the holidays, surviving suicide etc.) Many of the articles also include tips for friends and family members who wish to be a support system for someone experiencing deep grief.

For grieving children & families

Best book on the market to explain death to young children

The Fall of Freddie the Leaf <https://lighthousegriefsupport.org/library/the-fall-of-freddie-the-leaf/The>

Dragonfly Story ~ <https://www.archhospice.ca/dragonfly-story>