

Grief: The Way Out Navigating the Healing Process

RESOURCES

Support-organizations:

The Compassionate Friends, Inc.
a national nonprofit, self-help support organization

The Compassionate Friends of Maryland, Inc. (Baltimore Metropolitan area)
P.O. Box 625
Brooklandville, MD 21022-0625
(410) 321-7053

The web site for the national organization, The Compassionate Friends, Inc., states that its mission is "to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive," describing the help it provides as offering "friendship, understanding, and hope to bereaved parents, grandparents and siblings." The Compassionate Friends, Inc. has chapters throughout Maryland.

Books specifically relating to the grief process:

The Art of Being A Healing Presence: A Guide for Those in Caring Relationships
by James E. Miller with Susan C. Cutshall (Willowgreen Publishing)

Awakening from Grief: Finding the Road Back to Joy
by John E. Welshons (Open Heart Seminars)

The Empty Room: Surviving the Loss of a Brother or Sister at Any Age
by Elizabeth DeVita-Raeburn (Scribner)

How Can I Help? Reaching Out to Someone Who is Grieving
by June Cerza Kolf (Fisher Books)

How Can I Help? 12 Things to Do When Someone You Know Suffers a Loss
by James E. Miller (Willowgreen Publishing)

What Will Help Me? 12 Things to Remember When You Have Suffered a Loss
by James E. Miller (Willowgreen Publishing)

How Will I Get Through the Holidays? 12 Ideas for Those Whose Loved One Has Died
by James E. Miller (Willowgreen Publishing)

I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing after the Sudden Death of a Loved One
by Brook Noel & Pamela D. Blair, Ph.D. (Champion Press)

Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies
by T. J. Wray (Three Rivers Press)

Tear Soup: A Recipe for Healing After Loss
Story by Pat Schwiebert and Chuck DeKlyen, illustrated by Taylor Bills (Grief Watch)

Winter Grief, Summer Grace: Returning to Life After a Loved One Dies
by James E. Miller (Augsburg Fortress)

The Year of Magical Thinking
by Joan Didion (Alfred A. Knopf)

Books relating to discovering and nurturing your creative self:

The Call: Discovering Why You are Here
By Oriah Mountain Dreamer (Harpers San Francisco, a Division of Harpers Collins Publishers)

Crafting Personal Shrines: Using Photos, Mementos & Treasures to Create Artful Displays
by Carol Owen (Lark Books, a Division of Sterling Publishing Col, Inc.)

The Decorated Journal: Creating Beautifully Expressive Journal Pages
by Gwen Diehn (Lark Books, a Division of Sterling Publishing Col, Inc.)

Digging Deep: Unearthing Your Creative Roots through Gardening
by Frank Sorin (Warner Books)

On Becoming an Artist: Reinventing Yourself Through Mindful Creativity
by Ellen J. Langer (Random House, Inc.)

Releasing the Creative Spirit
by Dan Wakefield (Skylight Paths Publishing)

What We Ache For: Creativity and the Unfolding of Your Soul
by Oriah Mountain Dreamer (Harpers San Francisco, a Division of Harpers Collins Publishers)

The Vein of Gold: A Journey to Your Creative Heart
by Julia Cameron (G.P. Putnam's Sons)

Books relating to your life journey:

The Curse of Blessings: Sometimes the Right Story Can Change Your Life
by Mitchell Chefitz (Running Press)

The Four Agreements: A Practical Guide to Personal Freedom
by Don Miguel Ruiz (Amber-Allen Publishing)

The Secret Life of Bees
by Sue Monk Kidd (Viking Penguin)

Healing the Shadow
by Ross Bishop (Blue Lotus Press)

Sparks of the Divine: Finding Inspiration in Our Everyday World
by Drew Leder (Sorin Books)

Truth
by Ross Bishop (Blue Lotus Press)

Other resources:

breathe books

Most (probably all) of the books listed above are available at *breathe books* located on "The Avenue" in Hampden. There are many more titles in the store relating to these topics in addition to the titles included in this list.

810 W 36th Street, Baltimore, MD 21211 410.235.READ

www.breathebooks.com

Living in Your Heart

Ann Quasman's class was almost a sort-of triage for me. I was exposed to many new concepts and techniques in the multi-week course. I often wonder how different, and difficult, the grief process would have been if I had not had the good fortune to learn so much in a way that was not threatening to me and easy to grasp. And, by the way, lots of fun!

410.583.5355 Ann@LivingInYourHeart.com

www.LivingInYourHeart.com

How to Nurture Yourself While Grieving: 5th Annual Wellness Seminar

Saturday, October 20, 2007, 10:00 am to 2:30 pm
at the Conference Center at Sheppard Pratt, Towson, Maryland
cost: Individual Fee is \$15.00 and the Family Fee is \$25.00
(fee includes all materials, refreshments and buffet lunch)
For more information please call 443.849.8251

www.abundantangels.com

Created by my brother-in-law, Sylvan Lichtenstein, this is my family's tribute to my brother's life and legacy and to part of our journey to healing.

www.dabsofmercy.com

My (still under construction) web-site and blog.

Created by Tina Hall, Baltimore, MD, September 2007