**Recommended Reading**

**Life After Loss *A Practical Guide to Renewing Your Life after Experiencing Major Loss*** by Bob Deits

Practical exercises for navigating the uncertain terrain of loss and grief, helping readers find positive ways to put together a life that is necessarily different, but equally meaningful.

**The Widow's Hand Book *A Guide for Living*** by Charlotte Foehner and Carol Cozart

A down-to-earth, comprehensive and sensitive guide for dealing with the emotional and practical issues of the first two years of widowhood.

**When Will I Stop Hurting? *Dealing with a Recent Death*** by June Cerza Kolf

A gentle guide that leads readers through the stages of grief and eventually the healing process.

**How To Go On Living When Someone You Love Dies** by Therese A. Rando, PH.D.

A compassionate, comprehensive guide that leads the reader gently through the painful but necessary process of grieving and finding the best way to grieve.

**It Must Have Been Moonglow *Reflections on the first years of widowhood*** by Phyllis Green

Chronicles the emotional roller-coaster of the author's experience in a collection of brief essays—like diary entries—that capture the sadness, the humor, and the triumphs all widows encounter. An intimate, candid, and engaging book—not about grief but about inspiration and strength.

**Recommended to Read to and with Children**

**The Fall of Freddie the Leaf: A Story of Life for All Ages** by Leo Buscaglia

A poignant story that follows Freddie and his companions as their leaves change with the passing seasons and the coming of winter, finally falling to the ground with winter's snow.

**The Invisible String** by Patrice Karst

A heartwarming picture book that explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love.

**When Dinosaurs Die: A Guide to Understanding Death** by Laurie Krasny Brown and

Mark Brown

This book provides answers to kids' most-often asked questions and also explores the feelings we may have regarding the death of a loved one, and the ways to remember someone after he or she has died.