Grief / Bereavement


Grief support and understanding that is heartfelt, straightforward, and wise.


An excellent self-help book offering practical ways to recover from a death. Rando is one of the foremost authorities on grief and complicated mourning.


Cacciatore, J. (2017), *Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief*. Wisdom Publications. If you love, you will grieve—and nothing is more mysteriously central to becoming fully human.

**INSPIRATION**

Bowler, Kate (2019), *Everything Happens for a Reason: And Other Lies I’ve Loved*. Random House. A meditation on sense-making when there’s no sense to be made.


**Web Sites**

Dougy Center for child/teen grief
www.dougy.org

https://hospicefoundation.org/Hospice-Directory
The Hospice Foundation of America hospice directory allows you to locate hospices in your area that you can call to access grief resources (e.g., support groups, materials, counseling). Access the “Care Compare” link to search for hospices near to you.

www.helpguide.org