THE WRITINGS OF
Dr. Alan Wolfelt

Grief Day by Day:
Simple Practices to Help Yourself Survive... and Thrive

Coming November 2018.
Pre-order now.
See page 3 for more information.

www.centerforloss.com
A Note from Dr. Wolfelt

I am humbled that the reviews of my new book on complicated grief have been very supportive of my perspective on this topic. My “responsible rebel” view is that complicated grief is not an illness or disorder but instead a normal, human response to naturally complex life and loss circumstances. Yes, complicated mourners need help (that is where specifically trained grief therapists come in), but do not need “treatment” or to be “cured.” There’s nothing “wrong” with them. They simply need compassionate understanding and gentle guidance to get back on track. If you decide to read this new book you will come to realize you will be learning from what I call a “responsible rebel”—one who questions assumptive models surrounding grief and loss and challenges those very models. Rebels are not afraid to question established structures and forms. At the same time, responsible rebels respect the rights of others to use different models of understanding and provide leadership in ways that empower people rather than diminish them. I hope this definition resonates with you and that you will consider reading this new book. My intent with this new training resource was to outline the model I have created that has helped me identify, understand, and provide hope to people who suffer with natural complications of grief. It encourages you to use a “companioning” model of caregiving.

In the trainings we host in Fort Collins, CO and Scottsdale, AZ, as well as my “on the road” workshops sponsored by organizations, I have been doing some teaching about the distinction between curing versus caring. I think you might find the exploration of this important distinction interesting and something to reflect on. “Cure” means to eradicate an illness. Grief is not an illness. Care, on the other hand, is being present to, bearing witness to, and feeling with. Cure also means “to change.” Caregivers often want to bring about change in people’s lives, but cure can potentially damage if it does not grow out of care. Care is anchored in compassion and service and recognizes that this person who is hurting is my fellow human being, my brother or sister, mortal and vulnerable. And grief can never be eradicated, “gotten over,” or “recovered from.” It can only be experienced, and, through active engagement and movement, reconciled. Caring is about witnessing grief; curing is about discouraging it. Caring is anchored in service; curing is anchored in fixing. We grief companions are caregivers, not curegivers.

Thank you very much for using my written resources and attending my workshops and trainings. I wrote my mission statement for the Center for Loss at age 16, and every day I have tremendous gratitude that people make use of my writings and teachings. I do enjoy hearing from you, so please consider dropping me an email at DrWolfelt@centerforloss.com And for those of you who do write me, thanks for the encouragement to keep picking up my pen, teaching my “on-the-road” workshops, and my four-day trainings.

Peace and Hope,

[Signature]

Do you know of a need that has not been addressed in the current grief education literature? Send me a note at drwolfelt@centerforloss.com and you may see it in our catalog in future years!

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TO ORDER: Call: (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit our online bookstore at www.centerforloss.com/bookstore.
Grief Day by Day: Simple Practices to Help Yourself Survive...and Thrive
When we are grieving the death of someone loved, we may struggle with making it through each day. How are we supposed to cope with our gut-wrenching grief and live our daily lives at the same time? What should we do with our chaotic, painful, and intrusive thoughts and feelings? How do we survive? And is it possible to both grieve and live with meaning and hope?
If you’ve been asking yourself such questions, this book by one of the world’s most beloved grief counselors provides affirmation and answers. Rituals give us something to do with our grief. Simple, everyday practices can give structure to our grief and hold us up when we’re feeling like we might collapse. In fact, when we’re in grief, rituals are essentially effective beelines to healing.
Learn what makes a ritual a ritual. (Spoiler alert: Rituals can be easy and fast!) Try some of the many solo rituals gathered here, such as letter writing, meditating, intentional emoting, grief walks, and the 10-minute grief encounter. And reach out to friends and loved ones who might like to get together for one of the simple group ceremonies. By incorporating the healing power of ritual into your days, you’ll be not only surviving your grief, you’ll be building in meaning and hope so that you can go on to thrive.

ISBN 978-1-61722-268-9 • softcover • $14.95
Pre-order price $11.95 available until October 31, 2018.

When Grief is Complicated
A Model for Therapists to Understand, Identify, and Companion Grievers Lost in the Wilderness of Complicated Grief
After a significant loss, grief is normal and necessary. But sometimes a mourner’s grief becomes naturally heightened, stuck, or made more complex by especially difficult circumstances, such as suicide, homicide, or multiple losses within a short time period. This is called “complicated grief.”
In this primer by one of the world’s most respected grief educators, Dr. Wolfelt helps caregivers understand the various factors that often contribute to complicated grief. He presents a model for identifying complicated grief symptoms and, through real-life examples, offers guidance for companionsing mourners through their challenging grief journeys. This book rounds out Dr. Wolfelt’s resources on the companioning philosophy of grief care, making it an essential addition to your professional library.

ISBN 978-1-61722-258-0 • 242 pages • $24.95 • softcover

The Dementia Care Partner’s Workbook: A Guide for Understanding, Education, and Hope
The Dementia Care Partner’s Workbook is a support group manual as well as a self-study guide for care partners of a loved one with Alzheimer’s disease or another type of dementia. It provides 13 lessons for support group participants or individuals who desire independent study. Each lesson offers understanding, education, and hope covering topics that include descriptions of the different types of dementia, brain structure and function, stages of dementia, changing relationships and grief, emotional and mental health challenges. Also covered will be new ways of communicating love, attachment loss and problematic behaviors, care at home versus residential care facility placement, care partner’s wellness and self-care, existential and spiritual issues, important questions for the dementia doctor and elderly law attorney, and other helpful resources for the journey.

The Dementia Care Partner’s Workbook is authored by Dr. Edward Shaw, a dually trained physician and mental health counselor who directs a large dementia caregiver support program and is an experienced support group leader. He was also care partner to his late wife Rebecca, who lost her nine year battle with Alzheimer’s disease several years ago. Additionally, Ed coauthored the book Keeping Love Alive as Memories Fade: The Five Love Languages and the Alzheimer’s Journey with Dr. Gary Chapman.

ISBN 978-1-61722-274-0 • softcover • $19.95
Pre-order of $16.95 available until April 30, 2019.

One Mindful Day at a Time: 365 Meditations for Living in the Now
For most of us, life is way too hectic. We feel scattered and distracted. We’re busy rushing from one required activity to the next, and when we have a few moments of downtime, we’re often glued to our electronics. Is this what life is really all about?
Learn to slow down and live more mindfully with this daily companion. In one brief entry for each day of the calendar year, counselor Dr. Alan Wolfelt offers small, day-at-a-time doses of wisdom and practical guidance. Each entry includes an inspiring or soothing quote followed by a short discussion of the day’s theme as well as a succinct mantra to return to throughout the day.
In just a few minutes a day, this little gem of a book will teach you to live every moment from a place of peace, purpose, and gratitude. Living in the now is a habit you can cultivate. Let’s get started.

ISBN 978-1-61722-263-4 • 384 pages • softcover • $14.95
Grief One Day at a Time
365 Meditations to Help You Heal After Loss

After someone you love dies, each day can be a struggle. But each day, you can also find comfort and understanding in this daily companion. With one brief entry for every day of the calendar year, this little book offers small, one-day-at-a-time doses of guidance and healing. Each entry includes an inspiring or soothing quote followed by a short discussion of the day’s theme.

How do you get through the loss of a loved one? One day at a time. This compassionate gem of a book will accompany you.

ISBN 978-1-61722-238-2 • 384 pages • softcover • $14.95

“...This book has been so helpful for me, I’m so appreciative that it was written. I recommend it to anyone who is struggling through their loss. Having this book to turn to on a daily basis is helping me cope. I would be a lot more lost without this book.”

— A reader

When Your Soulmate Dies
A Guide to Healing Through Heroic Mourning

You were one of the lucky ones. You found a partner or friend with whom you shared a deeply profound connection. You understood, opened fully to, served, and challenged one another. You were the heroes of each other’s lives. You lived a grand adventure together.

But now that your partner has died, what felt like luck may have turned to wretched despair. How do you go on? How do you live without your champion and other half? The answer is that you mourn as you loved: heroically, grandly, and fully.

In this compassionate guide, you’ll find empathetic affirmation and advice intermingled with real-life stories from other halved soulmates. Learn to honor your loved one and your grief even as you find a path to a renewed life of purpose and joy.

ISBN 978-1-61722-242-9 • 154 pages • softcover • $14.95

Tenets of Companioning

Use this new poster to help people know you are an advocate for the companioning philosophy of grief care. The content highlights Dr. Wolfert’s eleven tenets of “companioning” versus “treating” the mourner. Make use of this poster to humbly acknowledge your commitment to companioning and supporting people in grief.

Poster (24” x 36”) • $20.00

Healing the Empty Nester’s Grieving Heart

100 Practical Ideas for Parents After the Kids Move Out, Go Off to College, or Start Taking Flight

You’ve spent most of your adult life focused on the care and raising of your children... and now they’re leaving. For you and for them, this major transition is often challenging in many ways. You may feel surprised at the intensity of your grief—a confusing mixture of sadness, hope, emptiness, fear, excitement, and other emotions all at once.

This book helps parents understand their normal and necessary empty nester grief. The 100 practical tips and activities are designed to help you acknowledge and express your feelings of loss, foster love and respect, and, over time, find ways to re-instill your life with meaning. Advice is also offered for nurturing a marriage or partnership through this challenging time.

ISBN 978-1-61722-250-4 • 128 pages • softcover • $11.95

A Tale of Two Funerals
The Throw Rug and the Tapestry

Meet the Williams family. Grandma Williams has died, and her children call Knight & Day Funeral Home to make arrangements. Courtesy of a Twilight Zone-esque space-time anomaly, the Williams family ends up concurrently planning and holding two funerals for Grandma—one arranged by funeral director Sam Standard and the other by funeral director Grace Gatekeeper.

How will the two funerals turn out? Will the Williams family even be able to tell the difference?

Find out in this riveting—and revealing—Tale of Two Funerals...

ISBN 978-1-61722-246-7 • 128 pages • softcover • $19.95

TO ORDER: Call (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit our online bookstore at www.centerforloss.com/bookstore.
Understanding Your Grief
Ten Essential Touchstones for Finding Hope and Healing Your Heart

This book is Dr. Wolfelt's most comprehensive, covering the essential lessons that mourners have taught him in his three decades of working with the bereaved. In compassionate, down-to-earth language, *Understanding Your Grief* describes ten touchstones—or trail markers—that are essential physical, emotional, cognitive, social, and spiritual signs for mourners to look for on their journey through grief.

The Ten Essential Touchstones:
1. Open to the presence of your loss.
2. Dispel misconceptions about grief.
3. Embrace the uniqueness of your grief.
5. Recognize you are not crazy.
6. Understand the six needs of mourning.
7. Nurture yourself.
8. Reach out for help.
9. Seek reconciliation, not resolution.
10. Appreciate your transformation.

Think of your grief as a wilderness—a vast, inhospitable forest. You must journey through this wilderness. To find your way out, you must become acquainted with its terrain and learn to follow the sometimes hard-to-find trail that leads to healing. In the wilderness of your grief, the touchstones are your trail markers. They are the signs that let you know you are on the right path. When you learn to identify and rely on the touchstones, you will find your way to hope and healing.

The companion journal now provides space for writing and reflection.

ISBN 978-1-879651-35-7 • 176 pages • softcover • $14.95

The Understanding Your Grief Journal
Exploring the Ten Essential Touchstones

Writing can be a very effective form of mourning, or expressing your grief outside yourself. And it is through mourning that you heal in grief.

The *Understanding Your Grief Journal* is a companion workbook to Dr. Wolfelt's *Understanding Your Grief*. Designed to help mourners explore the many facets of their unique grief through journaling, this compassionate book interfaces with the ten essential touchstones. Throughout, journalers are asked specific questions about their own unique grief journeys as they relate to the touchstones and are provided with writing space for the many questions asked.

Purchased as a set together with *Understanding Your Grief*, this journal is a wonderful mourning tool and safe place for those in grief. It also makes an ideal grief support group workbook.

ISBN 978-1-879651-39-5 • 150 pages • softcover • $14.95

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From *The Understanding Your Grief Journal*

“This guided journal is a safe place for you to express your many thoughts, feelings, and memories. The purpose of this kind of guided journal is, in part, to help you learn to understand your grief and become friends with it. This resource is intended to help you open your heart and explore how someone's death has changed your life. My hope is that this journal will help you in your healing and honor your relationship with someone who has been a special part of your life here on planet Earth.”

*— A reader*

*After almost four years on the grief path, this is by far the best book I've read to date. I wish I had this book and journal at the start of my journey.*

*— Bill*

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The Understanding Your Grief Support Group Guide
Starting and Leading a Bereavement Support Group

For bereavement caregivers who want to start and run an effective grief support group for adults, this support group guide discusses the role of support groups for mourners and describes the steps involved (such as deciding on group format, publicizing the group, and writing meeting plans) in getting a group started. Responding to problems in the group is also addressed, as is a model for evaluating your group's progress.

This guide includes potential meeting plans that interface with Understanding Your Grief and the companion journal as texts for group participants. This support group guide is a must for all bereavement group leaders.

ISBN 978-1-879651-40-1 • 104 pages • softcover • $19.95

“As a bereavement support group leader, I’ve found that the Understanding Your Grief trilogy provides me with a very user-friendly framework and helps me create a safe place for mourners to learn about and explore their grief.”

— Charles (Duke) Quarles, US Navy Chaplain

Bereavement Support Group Start-up Package

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Save 20%!

For bereavement support group leaders and participants, this package contains two copies of The Understanding Your Grief Support Group Guide and ten copies each of Understanding Your Grief and The Understanding Your Grief Journal. Subsequent orders of 10 or more copies of Understanding Your Grief and the journal receive a 15% discount.
Understanding Your Suicide Grief
Ten Essential Touchstones for Finding Hope and Healing Your Heart

Using the metaphor of the wilderness, Dr. Wolfelt introduces ten touchstones that will assist the survivor in what is often a complicated grief journey. Learning to identify and rely on the touchstones helps those touched by suicide find their way to hope and healing.

ISBN 978-1-879651-58-6 • 228 pages • softcover • $14.95

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Finding Your Way

This hardcover gift book is a compassionate, gentle guide to finding your way through the wilderness of grief after the suicide death of someone you love. An excerpted version of the comprehensive Understanding Your Suicide Grief, this is a more concise resource, making it appropriate for mourners who might be overwhelmed by a lengthy text.

ISBN 978-1-879651-68-5 • 128 pages • hardcover • $15.95

The Understanding Your Suicide Grief Support Group Guide
Meeting Plans for Facilitators

This book is for those who want to facilitate an effective suicide grief support group. It includes 12 meeting plans that interface with Understanding Your Suicide Grief and its companion journal.

ISBN 978-1-879651-60-9 • 52 pages • softcover • $12.95

The Understanding Your Suicide Grief Journal
Exploring the Ten Essential Touchstones

This companion journal to Understanding Your Suicide Grief helps you explore the ten essential touchstones for finding hope and healing your grieving heart after the suicide death of someone loved. Throughout, you'll be reminded of the content you have read in the companion book and asked corresponding questions about your profound, unique grief.

ISBN 978-1-879651-59-3 • 150 pages • softcover • $14.95

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“I must say that out of all books on surviving suicide that I have read, you have pegged just about every aspect I can think of: every stumbling block, emotion, stupid things people say or do, it’s all there. It is an amazing piece of literature that even four years into the survivor realm touches home, reassures, and helps to keep perspective on the immense toll surviving a suicide places on every aspect of one’s life. It is a treasure, a life vest thrown out into a violent ocean.”

— Jana from Virginia

“Already I feel a sense of hope for the first time in the seven years since my husband Paul took his life. I just can’t thank Dr. Wolfelt enough for this book. I’ve tried a few books but this one is different. I’ve a lot of work ahead of me as I find a new way through the wilderness.”

— Lorna from England
## Transcending Divorce
### Ten Essential Touchstones for Finding Hope and Healing Your Heart

If you're hurting after a divorce, or know someone who is, this book is for you. Warm, direct, and easy to understand, this is a book you will not want to put down.

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### The Wilderness of Divorce

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“What took me two years to self discover is what I see reflected in the pages of Dr. Wolfelt’s wise and wonderful book Transcending Divorce. Filled with many central truths that go directly to the heart of the matter, I only wish I had this insightful guide as I worked through the chaos of my own divorce losses.

“This book gives direction to all who mourn their past or present divorce and are looking ahead with trepidation to an uncertain road of their future. I wish to express my gratitude to Dr. Wolfelt for shining a light on the complex paths that comprise the roads oft-traveled by many good and wounded souls.”

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“I am loving your book. It truly reflects the agony as well as the potential beauty and growth of the divorce process. Can’t tell you how alone and scared I have felt and how validated I now feel while reading your words. Thanks for helping to make this painful process meaningful!”

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— Francesca from Colorado

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We’re pleased to present our popular (and ever-growing) 100 Ideas Series

This series of concise, practical books on grief offers compassionate and reader-friendly guidance to mourners of all ages. One idea per page—that’s what makes these books so very useful. Some of the ideas explain the basic principles of grief and mourning. Others offer immediate, here-and-now suggestions for what to do to help yourself or someone you care about. What’s more, each audience-specific book customizes counsel based on the type of loss.

Healing Your Grieving Heart
After a Military Death
100 Practical Ideas for Families and Friends
by Bonnie Carroll and Alan D. Wolfelt, Ph.D.

When a loved one is killed in the line of duty, this book affirms, survivors’ grief is shaped by the unique circumstances of the death. Because military deaths are almost always sudden and violent, the traumatic nature of the loss creates a two-part grief—one focused on the manner in which the person died, the other focused on the long-term repercussions of life without this special person. This guide also acknowledges the mixture of sadness, pride, anger, and blame that often characterizes grief after a military death and offers ideas for constructively expressing thoughts and feelings. Military suicide is also addressed. Anyone whose life has been touched by a military death will find compassionate understanding and healing guidance in these pages.

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After a Cancer Diagnosis
100 Practical Ideas for Coping, Surviving, and Thriving

Being diagnosed with cancer is a major blow physically, emotionally, socially, cognitively, and spiritually. All aspects of your self are under assault at the same time. And no matter the type or stage of cancer, the treatment plan, or the prognosis, your new and frightening grief can rattle you to your core. This book will help you understand and cope with your many difficult thoughts and feelings and find ways to experience peace and joy in the journey.

ISBN 978-1-61722-200-9 • 128 pages • softcover

Healing Your Grieving Heart
After a Cancer Diagnosis
100 Practical Ideas for Coping, Surviving, and Thriving

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Healing Your Grieving Heart
After Miscarriage
100 Practical Ideas for Parents and Families

The miscarriage of a hoped-for child is a shattering loss. Those who had already begun to feel attached to the baby will naturally grieve—particularly the mother and father, but also siblings this baby would have had, extended family, and friends. The loss may ripple across many lives in many ways.

This compassionate guide contains 100 practical ideas to help those affected by the tragedy of miscarriage. Some of the ideas teach about the principles of grief and mourning. Others offer practical, action-oriented tips for coping with the natural difficulties of this loss, such as communication between partners, explaining the loss to others, reconciling anger and guilt, trying again, and many others. If you are grieving in the aftermath of a miscarriage or extopic pregnancy, this compassionate book will help you heal.

ISBN 978-1-61722-218-4 • 128 pages • softcover • $11.95

Healing Your Grieving Heart
After Miscarriage
100 Practical Ideas for Parents and Families

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After a Cancer Diagnosis
100 Practical Ideas for Providing Compassion, Comfort, and Care

When someone you love is diagnosed with cancer, it’s hard to know what to do. What should you say? What shouldn’t you say? How can you help? This book will help you understand the normal and natural grief your friend is experiencing. No matter the type or stage of cancer, the treatment plan, or the prognosis, this compassionate and practical guide will help you be a good companion through the journey that is cancer.

ISBN 978-1-61722-203-0 • 128 pages • softcover • $11.95

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Healing Your Traumatized Heart
100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death

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100 Practical Ideas

This flagship title in our 100 Ideas Series offers 100 practical ideas to help you practice self-compassion no matter your loss or where you are in your grief journey. Some of the ideas teach you the principles of grief and mourning. The remainder offer practical, action-oriented tips for embracing your grief. Each idea also suggests a carpe diem, which will help you seize the day by helping you move toward your healing.

ISBN 978-1-879651-25-8 • 128 pages • softcover • $11.95

“Simple, relevant, and gentle. I ordered one for my brother and sister to ease us into dialogue. Thank you, Dr. Wolfelt.”

— Anne Chapman

Healing The Adult Child’s Grieving Heart
100 Practical Ideas After Your Parent Dies

When people get older, they die. We understand this, yet when a parent who has lived to middle or old age dies, the death often still comes as a shock. And the grief can be surprisingly deep and painful.

Why do adult children whose parent has died often feel “orphaned,” depressed, or alone? What should they do with their sadness, resentment, or anger? What are some effective ways to cope?

ISBN 978-1-879651-31-9 • 128 pages • softcover • $11.95

Healing A Parent’s Grieving Heart
100 Practical Ideas After Your Child Dies

The unthinkable has happened: your child has died. The normal circle of life has been broken and you have outlived your child. How do you go on? What can you do with your pain? Where do you turn? What do other grieving parents do not only to survive, but over time and with the support of others, to live and love fully again?

Common challenges, such as dealing with marital stress, helping surviving siblings, dealing with hurtful advice from others, and exploring feelings of guilt, are also addressed.

ISBN 978-1-879651-30-2 • 128 pages • softcover • $11.95

“Access to this kind of help when my daughter died would have made a major difference in my grief. I would have draped this gem over a silken cord and worn it around my neck 24 hours a day. I recommend one for your bedside table, one for your car, one for your desk, and one for everyone who cares about you.”

— From the Foreword by Andrea Gambill, Editor of Bereavement magazine

Healing A Spouse’s Grieving Heart
100 Practical Ideas After Your Husband or Wife Dies

When your spouse dies, your loss is profound. Not only have you lost the companionship of someone you deeply loved, but you have lost your helpmate, your lover, the person who shared your history, and perhaps your financial provider. Learning to cope with your grief and find continued meaning in life will be difficult, but you can and will if you embrace the principles set forth in this practical guide.

ISBN 978-1-879651-37-1 • 128 pages • softcover • $11.95

TO ORDER: Call (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit our online bookstore at www.centerforloss.com/bookstore.
Grief is in large part a spiritual struggle, and turning to spiritual practices in the face of loss helps many people find hope and healing. Following a helpful introduction about the role of spirituality in grief, this practical guide offers tips and activities on meditation, prayer, yoga, solitude and many more.

ISBN 978-1-879651-57-9 • 128 pages softcover • $11.95

Do you have muscle aches and pains, problems with eating and sleeping, low energy, headaches, and other physical symptoms since the death of someone loved? The mind-body connection in grief is profoundly strong, but taking care of your body in the 100 ways described will help you soothe your body as you heal your heart and soul.

ISBN 978-1-879651-63-0 • 128 pages softcover • $11.95

Families that experience stillbirth face a difficult journey. This much-needed book includes tips for expressing feelings, remembering the child who died, and healing as a family.

ISBN 978-1-61722-175-0 • 128 pages softcover • $11.95

When a friend suffers the loss of someone loved, you may not always know what to say. But you can do many helpful, loving things. Compassionate and eminently practical, this book offers 100 practical ideas for friends, family members, and caregivers who want to help.

ISBN 978-1-879651-26-5 • 128 pages softcover • $11.95

TO ORDER: Call (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit our online bookstore at www.centerforloss.com/bookstore.
The 100 Ideas Series

Healing Your Grieving Heart When Someone You Care About Has Alzheimer’s
100 Practical Ideas for Families, Friends and Caregivers
by Alan D. Wolfelt, Ph.D. and Kirby J. Duvall, M.D.

Navigating the challenging journey that families and friends of Alzheimer’s patients must endure, this heartfelt guide offers compassionate support for their struggle, which is as complex and drawn out as the illness itself.

ISBN 978-1-879651-48-4 • 128 pages • softcover • $11.95

“I am a caregiver and wife of an Alzheimer’s victim. When my husband was diagnosed, we knew what was ahead of us but that doesn’t make it any easier. I have just finished your wonderful book and needed to tell you how good it is. I found it to have so many good, concise, and practical points that I plan to take it to my support group.”

— Janet from Florida

Healing a Grandparent’s Grieving Heart
100 Practical Ideas After Your Grandchild Dies

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100 Practical Ideas on Growing Older with Confidence, Meaning, and Grace
by Alan D. Wolfelt, Ph.D. and Kirby J. Duvall, M.D.

Getting older goes hand in hand with losses of many kinds—ending careers, empty nests, illness, the deaths of loved ones. This book will help you acknowledge and mourn the many losses of aging while also offering advice and inspiration for living better than you’ve ever lived before.

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Healing Your Grieving Heart When Someone You Care About Has Alzheimer’s
100 Practical Ideas for Families, Friends and Caregivers
by Alan D. Wolfelt, Ph.D. and Kirby J. Duvall, M.D.

“I am a caregiver and wife of an Alzheimer’s victim. When my husband was diagnosed, we knew what was ahead of us but that doesn’t make it any easier. I have just finished your wonderful book and needed to tell you how good it is. I found it to have so many good, concise, and practical points that I plan to take it to my support group.”

— Janet from Florida

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100 Practical Ideas After Your Brother or Sister Dies

When your adult brother or sister dies, part of you dies, too. Whether your sibling died as a young or older adult, whether the death was sudden or anticipated, this compassionate and easy-to-use resource is for you. Turn to any page and seize the day by taking a small step toward healing.

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“Healing Your Grief About Aging
100 Practical Ideas on Growing Older with Confidence, Meaning, and Grace
by Alan D. Wolfelt, Ph.D. and Kirby J. Duvall, M.D.

“Dr. Wolfelt’s 100 Ideas series includes some of his best work on healing the grieving hearts of parents, children, teens, and friends. All of the books are easy to read, can be opened at any page for quick inspiration or help, and contain quiet gems of wisdom for coping with grief.

“Dr. Wolfelt takes us gently step-by-step into healing. We don't have to hurry. We can read number 12 or number 45, or even number 1 again and again until we're ready to embrace that idea. We're not pushed. We're led and encouraged.”

— The Compassionate Friends

TO ORDER: Call: (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit our online bookstore at www.centerforloss.com/bookstore.
Healing Grief at Work
100 Practical Ideas After Your Workplace is Touched by Loss

Topics covered include effective ways to channel grief during the workday, supporting coworkers who mourn, participating in group memorials, negotiating appropriate bereavement leave, and many others.

Ideas for both the mourner and the mourner’s coworkers are included. Purchased in bulk, this book makes an excellent resource for employee in-services as well as general distribution at a time of need.

ISBN 978-1-879651-45-6 • 128 pages • softcover • $11.95

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100 Practical Ideas
by Alan D. Wolfelt, Ph.D. and Kirby J. Duvall, M.D.

After job loss, it is normal and natural to struggle with challenging thoughts and feelings. Anger, anxiety, and depression are common. Self-esteem often suffers, and feelings of hopelessness and despair can take over. This book helps you understand your reaction to job loss and teaches you to explore your thoughts and feelings in ways that lead to healing.

ISBN 978-1-879651-69-2 • 128 pages • softcover • $11.95

“I want to thank Dr. Wolfelt for his writings as they have been my source of support during my grief. He is the only one who has really helped me through this past year. Thank you for your wisdom.”

— John from Washington

Healing Your Grief When Disaster Strikes
100 Practical Ideas for Coping After a Tornado, Hurricane, Flood, Earthquake, Wildfire, or Other Natural Disaster

When your family, neighborhood, city, or area of the country is affected by a natural disaster, it’s normal and necessary to feel grief. This book will help you understand and embrace your difficult thoughts and feelings. It will be a compassionate companion to you as you move through shock and numbness and struggle with ongoing grief symptoms such as fear, guilt, and sadness.

ISBN 978-1-61722-209-2 • 128 pages • softcover • $11.95

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100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season

Grieving the death of someone loved is always hard, but during the holiday season it can seem overwhelming. Is it possible to mourn and celebrate at the same time? Topics covered include honoring your thoughts and feelings, giving yourself permission to mourn, deciding what is important and what isn’t, creating new traditions, finding ways to de-stress, and incorporating healing rituals into your holidays. Specific, creative tips for blending mourning and celebration are also included.

ISBN 978-1-879651-48-7 • 128 pages • softcover • $11.95

“The usual, Dr. Wolfelt does a wonderful job in providing good and realistic ideas for those who are in need of support after the death of a loved one.”

— A Reader

“Dr. Wolfelt’s 100 idea books are great. They can be picked up, read a little and put back down; and then picked up later. They give you some great ideas for what you need at that time.”

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The Complete 100 Ideas Collection: These 28 titles make a wonderful collection for hospices, funeral homes, and libraries. Purchase the complete collection and save 15%! • $284.00

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Some of the ideas teach about children’s unique mourning styles and needs. Others suggest simple activities and “companioning” tips. A compassionate, easy-to-read resource for parents, aunts and uncles, grandparents, teachers, volunteers—and a great refresher for professional caregivers.

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Healing A Child’s Grieving Heart
100 Practical Ideas for Families, Friends and Caregivers

Healing A Teen’s Grieving Heart
100 Practical Ideas for Families, Friends, and Caregivers

Healing A Child’s Heart After Divorce
100 Practical Ideas for Families, Friends and Caregivers

by Alan D. Wolfelt, Ph.D. and Raelynn Maloney, Ph.D.

How do you help children whose parents are separated or divorced? While divorce represents a significant loss for children—a loss that creates all the many natural feelings of grief—the children can continue to thrive if they are helped in these 100 practical ways by the caring adults in their lives.

ISBN 978-1-879651-24-1 • 128 pages 
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Healing Your Grieving Heart for Kids
100 Practical Ideas

Healing Your Grieving Heart for Teens
100 Practical Ideas

Healing After Divorce
100 Practical Ideas for Kids

by Alan D. Wolfelt, Ph.D. and Raelynn Maloney, Ph.D.

While divorce is common, it’s also very difficult for children, eliciting many challenging feelings. This book for kids 7-12 gives them 100 simple ideas for expressing their emotions during this life-changing time so that they can go on to lead happy lives and develop healthy relationships of their own.

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Divorce Set: Order both Healing After Divorce and Healing a Child’s Heart After Divorce and get 10% off! $21.50
Finding the Words
How to Talk with Children and Teens about Death, Suicide, Homicide, Funerals, Cremation, and Other End-of-Life Matters
It’s hard to talk to kids about death, especially when someone close to them dies. What should you say? What shouldn’t you say? With this compassionate book, you’ll have simple advice and suggested phrases at your fingertips when you need them. Honest but child-appropriate language is advocated, and different wording and levels of explanation are suggested for different ages.
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Companioning the Grieving Child
A Soulful Guide for Caregivers
In this valuable resource, Dr. Wolfelt redefines the role of the grief counselor in this guide for caregivers to grieving children. Providing a viable alternative to the limitations of the medical establishment’s model for companioning the bereaved, Dr. Wolfelt encourages counselors and other caregivers to aspire to a more compassionate philosophy in which the child is the expert of his or her grief—not the counselor or caregiver. The approach outlined in the book argues against treating grief as an illness to be diagnosed and treated but rather for acknowledging it as an experience that forever changes a child’s worldview.
ISBN 978-1-61722-158-3 • 160 pages • hardcover • $29.95

Companioning the Grieving Child Curriculum Book
Activities to Help Children and Teens Heal
by Patricia Morrissey, M.S., Ed.
Foreword by Alan D. Wolfelt, Ph.D.
Based on Dr. Wolfelt’s six needs of mourning and written to pair with Companioning the Grieving Child, this comprehensive guide provides hundreds of hands-on activities tailored for grieving children in three age groups: preschool, elementary, and teens. Through the use of readings, games, discussion questions, and arts and crafts, caregivers will help grieving young people acknowledge the reality of the death, embrace the pain of the loss, remember the person who died, develop a new self-identity, search for meaning, and accept support.
ISBN 978-1-61722-158-9 • 208 pages • softcover • $29.95

Coloring Books
How I Feel
A Coloring Book for Grieving Children
Dr. Wolfelt’s coloring book for kids ages 3-8 explores many of the feelings grieving children often experience.
The expressive, easy-to-color drawings clearly depict disbelief, fear, anger, loneliness, happiness, sadness, and other normal grief feelings. And the simple text accompanying the drawings (“Someone I love has died”; “Ever since this person died, I have felt new and scary feelings. Grown-ups call these feelings grief”; “Sometimes I feel all alone”; “Sometimes I hurt inside”) provides grieving children with words to describe their new, sometimes scary feelings.
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A Coloring Book for Kids During and After Divorce
by Alan D. Wolfelt, Ph.D. and Raelynn Maloney, Ph.D.
While divorce is common, it’s also very difficult for children, eliciting many challenging feelings. This coloring book for kids ages 3-8 gives them simple ideas for expressing their emotions during this life-changing time so that they can go on to lead happy lives and develop healthy relationships of their own.
ISBN 978-1-61722-50-7 • 22 pages • $2.00
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SPECIAL SET PRICE:
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The Healing Your Grieving Heart Journal for Teens

With a Foreword by Brian Griese

Teens often don’t want to talk to adults—or even to their friends—about their struggles. But given the opportunity, many grieving teens find that journaling helps them sort through their confusing thoughts and feelings.

Yet few journals created just for teens exist and even fewer address the unique needs of the grieving teen. In the Introduction, this unique journal—written by Dr. Wolfelt and his 14-year-old daughter, Megan—affirms the grieving teen’s thoughts and feelings and offers gentle, healing guidance. The six central needs of mourning are explained, as are common grief responses. Throughout, the authors provide simple, open-ended questions for the grieving teen to explore, such as:

• What do you miss most about the person who died?
• Which feelings have been most difficult for you since the death? Why?
• Is there something you wish you had said to the person who died but never did?

Designed just for grieving teens as a companion to Dr. Wolfelt’s bestselling Healing Your Grieving Heart for Teens: 100 Practical Ideas, this journal will be a comforting, affirming, and healing presence for teens in the weeks, months, and years after the death of someone loved.

ISBN 978-1-879651-33-3 • 120 pages • softcover • $11.95

Sarah’s Journey

Eight-year-old Sarah Johnson had always been her “daddy’s little girl”—until the tragic day her father was killed in a car accident. Based on the belief that each child has the need to mourn in his or her own way, this book describes Sarah’s grief experience and offers compassionate, practical advice for adults on topics such as regressive behaviors, explosive emotions, children and funerals, the grieving child at school and more.

ISBN 978-1-879651-03-6 • 121 pages • softcover • $9.95

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A poster for “grief gardeners”

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Poster (18”x 24”) • $15.00

A Child’s View of Grief Video

Written by and featuring Dr. Wolfelt, this video explores several key principles of helping children cope with grief. In use by hundreds of hospices and funeral homes throughout North America.

ISBN 978-1-879651-66-1 • 30 minutes • DVD • $29.95

A Teen’s View of Grief Video

Written by and featuring Dr. Wolfelt, this 40-minute video on teen grief contains in-depth information and compassionate advice. Throughout, Dr. Wolfelt’s teachings are interspersed with comments from actual bereaved teens.

ISBN 978-1-879651-67-8 • 40 minutes • DVD • $29.95

A Child’s View of Grief

In this informative, easy-to-read booklet, Dr. Wolfelt explains how children and adolescents grieve after someone loved dies and offers helping guidelines for caregiving adults.

ISBN 978-1-879651-43-2 • 54 pages softcover • $6.95

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The Mourner’s Book of Faith
30 Days of Enlightenment
In this compassionate, day-by-day book, Dr. Wolfelt explains that the essential need to mourn and question the meaning of life and death is not inconsistent with faith but rather a reflection of your ongoing and ever-deepening relationship with God. Containing a month's worth of inspiring words and quotes, this award-winning book can be revisited over and over again any time you need a new dose of enlightenment.
ISBN 978-1-61722-162-0 • 200 pages • hardcover • $15.95

The Mourner’s Book of Courage
30 Days of Encouragement
When someone you love dies, you must find within you the courage to embrace the pain and go on living without them. In grief, you must open your heart to your innermost feelings and boldly befriend them, for it is in befriending your grief that you heal. Written for those times in grief when you feel you don't have the courage to do the hard and necessary work of mourning, this book will give you the dose of encouragement you need each day to not only survive your grief but to go on to thrive.
ISBN 978-1-61722-154-5 • 200 pages • hardcover • $15.95

The Mourner’s Book of Hope
30 Days of Inspiration
To integrate loss and to move forward with a life of meaning and love, you must have hope. Hope is a belief in a good that is yet to be. This beautiful little hardcover gift book offers Dr. Wolfelt's thoughts on hope in grief interspersed with quotes from the world's greatest hope-filled thinkers.
ISBN 978-1-879651-65-4 • 200 pages • hardcover • $15.95

“The small size, outstanding text replete with provocative quotes from great writers, great thinkers, up to and including Scripture is a wonderful book that I wish I had had when I went through my own personal cancer surgery. A copy of this exemplary text belongs on the shelves of all of our city and county public libraries, our university libraries, and our hospital medical libraries.”

— Josh Grossman, U.S. Army Medical Corps

Order all three books, The Mourner’s Book of Faith, The Mourner’s Book of Courage, and The Mourner’s Book of Hope and get 15% off! $40.00

Start a hope-, courage-, or faith-filled support group!
Each of these books makes an ideal 12-week support group text. Discuss three reflections per meeting and bookend the group with a welcome meeting and a final session on the Closing Thoughts chapter.

TO ORDER: Call: (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit our online bookstore at www.centerforloss.com/bookstore.
Loving from the Outside In, Mourning from the Inside Out

“The capacity to love requires the necessity to mourn,” writes Dr. Wolfelt in this lovely new gift book. “Love and grief are two sides of the same precious coin. One does not—and cannot—exist without the other. They are the yin and yang of our lives. What higher purpose is there in life but to give and receive love? Love is the essence of a life of abundance and joy. No matter what life brings our way, love is our highest goal, our most passionate quest. People sometimes say that grief is the price we pay for the joy of having loved. If we allow ourselves the grace that comes with love, we must allow ourselves the grace that is required to mourn.”

In this compassionate guide, Dr. Wolfelt explores what love and grief have in common and invites the reader to mourn well in order to go on to live and love well again.

ISBN 978-1-61722-147-7 • 96 pages • hardcover • $15.95
Digital Audiobook coming soon to Audible!

Eight Critical Questions for Mourners…
And the Answers That Will Help You Heal

When loss enters your life, you are faced with many choices. The questions you ask and the choices you make will determine whether you become among the “living dead” or go on to live until you die.

This book provides the answers that will help you clarify your experiences and encourage you to make choices that honor the transformational nature of grief and loss.

ISBN 978-1-879651-62-3 • 170 pages • softcover • $18.95

“I liked this book so well that I read almost halfway through the minute I picked it up. It is both caring and energizing at the same time. It clearly describes how different ways of thinking have different results.”

— A Reader

The Mourners’ Bill of Rights

Wallet Cards

This handy wallet card helps mourners remember that each person’s grief is unique and that they have the right to move toward their grief and heal.

The cards fold to credit card size and make tasteful and economical give-aways.

Wallet cards (packet of 50) $15.00

The PTSD Solution

The Truth About Your Symptoms and How to Heal

Have you ever felt that something essential was missing from your PTSD treatment options?

If you suffer from PTSD, you know the problem is complex. But what you probably don’t know—and what the medical establishment isn’t telling you—is that post-traumatic stress is not fundamentally a medical disorder but rather a form of grief. Your body, mind, and soul experienced tremendous loss, and to fully integrate the many losses into your ongoing life, you must explore and express your necessary grief. In other words, you must mourn.

This groundbreaking book reveals a new approach to understanding PTSD and its debilitating symptoms. With compassion and insight, it affirms the nature and severity of your experience while providing you with a step-by-step plan to transcend it. Medical PTSD treatments are reviewed and included as part of the plan.

Whether your PTSD is severe or more subtle, whether your traumatic experience was recent or in the distant past, this book unlocks the secret that will finally allow you to live and love fully again.

ISBN 978-1-61722-226-9 • 176 pages • softcover • $19.95

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The Depression of Grief
Coping with Your Sadness and Knowing When to Get Help

When someone you love dies, it’s normal and necessary to grieve. Grief is the thoughts and feelings you have inside you, and sadness is often the most prominent and painful emotion. In other words, it’s normal to be depressed after a loss. This compassionate guide will help you understand your natural depression, express it in ways that will help you heal, and know when you may be experiencing a more severe or clinical depression that would be eased by professional treatment. A section for caregivers that explores the new DSM-5 criteria for Major Depression is also included.

ISBN 978-1-61722-193-4 • 128 pages • softcover • $14.95

“Dr. Wolfelt reminds us that it is not only the physical and emotional but also the spiritual that needs to be explored in our journeys through grief. He breathes hope for healing into our hearts. This book is stirring and abundantly encouraging to all mourners.”

— Ros and Glen in Ontario

Living in the Shadow of the Ghosts of Grief
Step into the Light: Reconcile old losses and open the door to infinite joy and love

Are you depressed? Anxious? Angry? Do you have trouble with trust and intimacy? Do you feel a lack of meaning and purpose in your life? You may well be living in the shadow of the ghosts of grief.

When you suffer a loss of any kind—whether through abuse, divorce, job loss, the death of someone loved, or other transitions—you naturally grieve inside. To heal your grief, you must express it. That is, you must mourn your grief. If you don’t, you will carry your grief into the future, and it will undermine your happiness for the rest of your life.

This compassionate guide will help you learn to identify and mourn your carried grief so you can go on to live the joyful, whole life you deserve.

ISBN 978-1-879651-51-7 • 152 pages • softcover • $13.95

“Dr. Wolfelt reminds us that it is not only the physical and emotional but also the spiritual that needs to be explored in our journeys through grief. He breathes hope for healing into our hearts. This book is stirring and abundantly encouraging to all mourners.”

— Ros and Glen in Ontario

The Journey Through Grief
Reflections On Healing • Second Edition

This popular hardcover book makes a wonderful gift for those who grieve, helping them gently engage in the work of mourning. Comforting and nurturing, The Journey Through Grief doses mourners with the six needs of mourning, helping them soothe themselves as they begin to heal.

This revised, second edition of The Journey Through Grief takes Dr. Wolfelt’s popular book of reflections and adds space for guided journaling, asking readers thoughtful questions about their unique mourning needs and providing room to write responses.

The Journey Through Grief is organized around the six needs that all mourners must yield to—indeed embrace—if they are to go on to find continued meaning in life and living. Following a short explanation of each mourning need is a series of brief, spiritual passages that, when read slowly and reflectively, help mourners work through their unique thoughts and feelings. The Journey Through Grief is being used by many faith communities as part of their grief support programs.

ISBN 978-1-879651-11-1 • 152 pages • hardcover $21.95
When Your Pet Dies
A Guide to Mourning, Remembering and Healing
When your pet dies, you may struggle with your grief. You may feel overwhelmed at the depth of your sadness. This book affirms the pet owner’s grief and helps you understand why your feelings are so strong. It also offers practical suggestions for mourning—expressing your grief outside of yourself—so that you can heal. Ideas for remembering and memorializing your pet are also included.

Dr. Wolfelt has been a dog lover and owner for a long time, suffering the loss of his Husky several years ago.

ISBN 978-1-879651-36-4 • 84 pages • softcover • $9.95

“My excellent book to help you through the grieving process.
I was able to relate to feelings that were expressed.
I was struggling to cope with the loss of my cat and nothing was helping.
This book helped me to deal with my emotions and bring some closure.”

— A Reader

After Your Pet Dies
Helping Yourself Heal
This compassionate, affordable aftercare booklet for veterinary offices, memorial centers, humane societies, and individuals who have recently lost a beloved pet offers condolences and tips for understanding and expressing grief.

Topics covered include the nature of pet loss, common feelings, misconceptions about pet grief, and tips for mourning. A listing of pet loss organizations and support groups is provided, as is a selected reading list.

$5.00 for one sample packet and ordering information
For bulk prices, see page 25.

The Pet Lover’s Code
Ten Inalienable Rights After the Death of a Special Companion Animal Wallet Cards
Wallet cards to keep with you at all times and share with others grieving the death of a beloved pet.

Wallet cards (packet of 50) • $15.00
Empathy Cards

Now instead of sending sympathy cards, you can offer your empathy with these beautiful new cards written by Dr. Wolfelt. Where sympathy is passive pity, empathy strives to actively engage and connect. Sympathy is “feeling for,” while empathy is “feeling with.” Thank you for joining us in our mission to refashion our culture into one of empathy rather than sympathy after a loss.

Sample messages (10 total):

INSIDE: I know there’s no cure for a broken heart, so all I can do is share mine with you. I care about you and want to help in any way I can.
FRONT: You are on a difficult journey. I cannot carry your load, but I can walk alongside you and hold out my hand.
INSIDE: Whenever I can be there in person, I will. In all the other moments, know that I am thinking about you and am there in spirit.

(5 different messages per set; each set has unique messages)

5-card set • $10.00 • Includes white envelopes
Choose floral or canvas • Notecards are 4.25” x 5.5”

“Under Reconstruction” Pins

In days gone by, people mourning the death of someone loved wore black clothing or armbands. This signaled their grief to others and communicated their need for understanding and support. Sadly, such conventions have fallen out of style.

This pin again provides a way for you to communicate your loss.

When someone you love dies, you are torn apart. You face the painful challenge of reconstructing yourself. When others see your pin and ask, “‘Under Reconstruction’…what does that mean?”, you will have the healing opportunity to share your story of love and loss and embrace the empathy you are offered in return.

Pins are 1.25” wide, gold nickel with black fill

1-9: $7.50 each • 10-24: $6.50 each • 25-74: $6.00 each
75-99: $5.25 each • 100+: $4.50 each

Spanish Resources

Afterwords... Helping Yourself Heal
A compassionate, affordable aftercare packet for hospices & funeral homes
Spanish Version

The distillation of many of Dr. Wolfelt’s key teachings, Afterwords offers compassionate, empowering messages about grief and healing to the newly bereaved. Afterwords is an easy-to-use, high quality aftercare packet for hospices, hospitals, and funeral homes. And Afterwords is affordable, too. Send for the sample packet for details.

$5.00 for one sample copy and ordering information; please specify English or Spanish.
$10.00 for both English and Spanish sample packets. (See page 25 for Afterwords in English.)

The Mourner’s Bill of Rights
Spanish Version - Wallet Cards

The same Mourner’s Bill of Rights you have become familiar with, in a compassionate and accurate Spanish translation.

Wallet cards (packet of 50) $15.00
(See page 18 for The Mourner’s Bill of Rights in English.)

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Companioning the Bereaved
A Soulful Guide for Caregivers

This book presents a model for grief counseling based on Dr. Wolfelt’s “companioning” principles.

For many mental healthcare providers, grief in contemporary society has been medicalized—perceived as if it were an illness that with proper diagnosis and treatment could be cured. Dr. Wolfelt explains that our modern understanding of grief all too often conveys that at bereavement’s “end” the mourner has completed a series of tasks, extinguished pain, and established new relationships. Our psychological models emphasize “recovery” or “resolution” in grief, suggesting a return to “normalcy.”

By contrast, this book advocates a model of “companioning” the bereaved, acknowledging that grief forever changes or transforms the mourner’s world view. Companioning is not about assessing, analyzing, fixing or resolving another’s grief. Instead, it is about being totally present to the mourner, even being a temporary guardian of his soul. The companioning model is grounded in a “teach me” perspective.

ISBN 978-1-879651-41-8 • 191 pages • hardcover • $29.95

“I learned and understand now the importance of Companioning versus trying to fix someone’s grief. Companioning is a true holistic approach that works the way we are designed to work and have relationships.”

— Mike from California

Companioning You!
A Soulful Guide to Caring for Yourself While You Care for the Dying and the Bereaved

In this essential newest addition to the Companioning Series, Dr. Wolfelt applies the principles of companioning others to the art of caring for yourself. Yes, caring for the dying and the bereaved is a rewarding ministry, but caregivers risk burn-out and putting their own needs and lives last.

This book affirms the caregiver’s right to excellent self-care and provides not only the rationale but the tips and practical suggestions you need to be your own friend and hospitable companion.

ISBN 978-1-61722-166-8 • 128 pages • hardcover • $15.95

The Handbook for Companioning the Mourner
Eleven Essential Principles

This inspiring handbook explores Dr. Wolfelt’s “companioning” model of grief care and contrasts it with the traditional “treatment” model. Concise and engaging, this is a primer designed to spread the companioning philosophy among everyone who walks alongside mourners—counselors, hospice caregivers, funeral home staff, friends, and family members.

ISBN 978-1-879651-61-6 • 117 pages • hardcover • $15.95

Companioning the Grieving Child
A Soulful Guide for Caregivers

In this valuable resource, Dr. Wolfelt redefines the role of the grief counselor in this guide for caregivers to grieving children. Providing a viable alternative to the limitations of the medical establishment’s model for companioning the bereaved, Dr. Wolfelt encourages counselors and other caregivers to aspire to a more compassionate philosophy in which the child is the expert of his or her grief—not the counselor or caregiver.

ISBN 978-1-61722-158-3 • 208 pages • hardcover • $29.95

Companioning the Grieving Child Curriculum Book
Activities to Help Children & Teens Heal
by Patricia Morrissey, M.S., Ed.
Foreword by Alan D. Wolfelt, Ph.D.

Based on Dr. Wolfelt’s six needs of mourning and written to pair with Companioning the Grieving Child, this comprehensive guide provides hundreds of hands-on activities tailored for grieving children in three age groups: preschool, elementary, and teens. Through the use of readings, games, discussion questions, and arts and crafts, caregivers will help grieving young people acknowledge the reality of the death, embrace the pain of the loss, remember the person who died, develop a new self-identity, search for meaning, and accept support.

ISBN 978-1-61722-158-9 • 208 pages • softcover • $29.95

SPECIAL SET PRICE:
Order both Companioning the Grieving Child books and get 15% off!
$50.00

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Counseling Skills for Companioning the Mourner

The Fundamentals of Effective Grief Counseling

This compassionate resource outlines both the philosophy and the how-tos of fundamental helping skills of Dr. Alan Wolfelt’s well-respected “companioning” model of grief care. The centerpiece of this model is that mourners are the experts of their own experiences. This belief demands caregivers who bear witness without judgment, are willing to be taught by the mourner, and gently encourage the expression of grief into authentic mourning.

This book provides principles, practical skills, and activities that will allow you to enhance your capacity to facilitate (“to make easier”) the hard work of mourning. The contents of this helpful resource are directed at people in grief care, with the goal of adding to their toolbox of helping skills, and inspiring them to be truly helpful caregivers.

ISBN 978-1-61722-230-6 • 144 pages • hardcover • $29.95

The Paradoxes of Mourning

Healing Your Grief with Three Forgotten Truths

When it comes to healing after the death of someone loved, our culture has it all wrong. We’re told to be strong when what we really need is to be vulnerable. We’re told to think positive when what we really need is to experience the pain of the loss. And we’re told to seek closure when what we really need is to welcome our natural and necessary grief.

The paradoxes of mourning are three Truths that grieving people used to respect but in the last century seem to have forgotten. In fact, our thinking about loss has gotten so mixed up that the Truths can now seem backwards, or paradoxical. Yet the paradoxes are indeed true, and only by giving yourself over to their wisdom can you find your way.

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2. You must make friends with the darkness before you can enter the light.
3. You must go backward before you can go forward.

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A Soulful Guide for Caregivers

by Greg Yoder
Foreword by Alan D. Wolfelt, Ph.D.

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The Center for Loss and Life Transition has become known for providing quality bereavement care training for caregivers. Dr. Wolfelt’s seminars have evolved out of a demand for concise yet comprehensive information in the growing area of death education and counseling. If you want to learn practical ways to “companion” people in grief from one of North America’s most respected bereavement educators and clinicians, these learning opportunities are for you.

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On Monday through Wednesday class will end at 3:45 pm. On Thursday the course graduation will wrap up at 12:00 pm. Many people leave for the airport at that time; therefore, lunch is not provided on Thursday. Participants who are not present at the completion of the course will not receive their course certificate. As such, we suggest a return flight out of Denver International Airport or Phoenix Sky Harbor Airport no earlier than 4:00 pm.

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ISBN 978-161722-213-9 • 144 pages • hardcover • $29.95

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by Raelynn Maloney, Ph.D., and Alan D. Wolfelt, Ph.D.

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by Marc Markell, Ph.D., Foreword by Alan D. Wolfelt, Ph.D.

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ISBN 978-1-879651-46-3 • 84 pages • softcover • $13.95

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• Understanding Your Grief: One Day at Time
• When Grief is “Complicated”: A Model to Understand, Identify, and Companion Grievers
• Reframing PTSD as Traumatic Grief: A Workshop for Caregivers
• Exploring the Paradoxes of Mourning: Enhancing Your Understanding of Three Forgotten Truths
• Helping Children and Teens Cope with Grief: A Companionship Philosophy of Caregiving
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About the Author

Dr. Alan D. Wolfelt is a noted author, educator, and grief counselor. Recipient of the Association for Death Education and Counseling’s Death Educator Award, he serves as the Director of the Center for Loss and Life Transition (www.centerforloss.com), in Fort Collins, Colorado. He is also a faculty member of the University of Colorado Medical School’s Department of Family Medicine.

In addition to presenting dozens of keynotes and workshops across North America each year, Dr. Wolfelt facilitates training seminars for bereavement caregivers in Fort Collins, CO and Scottsdale, AZ. Dr. Wolfelt is a popular media resource who regularly provides his expertise to many top-tier television shows, newspapers, and magazines.

Dr. Wolfelt is the best-selling author of more than fifty books including Loving From the Outside In, Mourning From the Inside Out; Understanding Your Grief; The Journey Through Grief; Companioning the Bereaved: A Soulful Guide for Caregivers; Healing a Spouse’s Grieving Heart; Companioning the Grieving Child; Healing a Parent’s Grieving Heart; and Creating Meaningful Funeral Ceremonies.

Dr. Wolfelt and his wife, Susan, a family physician, are parents to three children. They live in the foothills of the beautiful Rocky Mountains next door to the Center for Loss and Life Transition.

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