NEW!

Understanding Your Grief after a Drug-Overdose Death
Words of Hope and Healing

NEW!

First Aid for Broken Hearts

See page 3 for more information.
A Note from Dr. Wolfelt

It was Joseph Campbell who reminded us, “We must be willing to get rid of the life we’ve planned so as to have the life that is waiting for us.” I love this powerful reflection. Why? Because as a young child and into my early teen years I wanted to be an architect. I had been drawing house plans since I was two-years-old. Then as a teenager I experienced a series of losses that forever changed my path and helped me discover my calling surrounding death education and counseling.

I’m so honored to write, teach, and counsel about death, dying, grief, and loss. Like many of you, I am humbled every day that my fellow humans are willing to share their life stories of love and loss with me. I sometimes pinch myself when I realize there is now an international network of thousands of people who have read my books and trained with me on the philosophy and practice of companionsing people in grief. My hope is that this model is life-giving, hope-filled and incorporates not only the mind and the body, but the soul and the spirit.

I continue to be committed to touch lives in 2020! I’m so excited to teach my “on road” workshops and keynotes, host our trainings in Colorado and Arizona, and provide personal consultations on “complicated” grief to both counselors and lay persons in need of enhanced understanding and support. In terms of publications, you will see we have two new resources coming out this year.

Understanding Your Grief after a Drug-Overdose will be available January 1st. I have included ideas for coping in the early days after this tragic death, as well as ways to transcend the stigma associated with overdose deaths. I also outline common thoughts and feelings, my six needs of mourning, self-care essentials, and finding hope.

My daughter Jaimie has also created a wonderful coloring book titled I Have Diabetes: A Feelings Coloring Book for Children With Diabetes. This coloring book is for children 3-8 and emphasizes that its normal to have lots of thoughts and feelings about diabetes and its good to express those feelings. Jaimie is currently in a Master’s degree program at Regis University and will be continuing the Wolfelt tradition of “helping people help others.

Peace and Hope,

Alan Wolfelt

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First Aid for Broken Hearts
Life is both wonderful and devastating. It graces us with joy, and it breaks our hearts.
If your heart is broken, this book is for you.
Whether you're struggling with a death, break-up, illness, unwanted life change, or loss of any kind, this book will help you both understand your predicament and figure out what to do about it.
Loss may be an unavoidable part of human life, but it doesn't have to prevent you from living well. You can and will survive this. Actually, if you adopt this guide's basic principles, revealed and tested by one of the world's most beloved grief counselors, you will even go on to thrive.
Let's get mending.
ISBN: 978-1-61722-281-8  •  118 pages  •  softcover  $9.95

I Have Diabetes:
A Feelings Coloring Book for Children with Type-1 Diabetes
This coloring book for children ages 3-8 was written by Jaimie Wolfelt, a diabetes education advocate who was diagnosed at age nine with Type-1 diabetes. Throughout the coloring book, children are invited to express—in words, drawing, and coloring—common feelings they may have after their own Type-1 diagnosis as well as in the months and years to come, as they learn to make diabetes and self-care an integral part of their lives. The friendly drawings depict diverse children and families as they interact with medical professionals and go about their days, encountering a range of feelings from confusion and sadness to anger, isolation, happiness, and more. The coloring book emphasizes that it's normal to have lots of thoughts and feelings about diabetes, and it's good to express those feelings. The book closes with this affirmation: “I have diabetes, and I am strong and amazing!”
22 pages  •  $2.00  •  Available March 1, 2020
Bulk order discount 25 copies $30.00.

Healing Your Chronic Illness Grief
100 Practical Ideas for Living Your Best Life
by Alan D. Wolfelt, Ph.D., and Jaimie Wolfelt
Chronic illness is a type of loss. Depending on your condition and its course, you may be confronted with physical limitations, financial struggles, relationship challenges, and much more. Your hoped-for future may feel stolen from you.
In addition to good physical care, acknowledging and working through your normal, necessary grief along the way are essential to living well with chronic illness. Mourning is important self-care. The 100 tips, affirmations, and simple activities in this book will help you attune to and express your feelings each day. They will support you in living your best life physically, cognitively, emotionally, socially, and spiritually.
To mourn well is to clear the way for living well. Let's get started.
ISBN: 978-1-61722-277-1  •  116 pages  •  softcover  $11.95

Understanding Your Grief after a Drug-Overdose Death
Loss is always hard, but when someone you love dies of an accidental drug overdose, the grief that follows can be especially painful and challenging. In this compassionate guide, Dr. Alan Wolfelt, one of the world's most respected and beloved grief counselors and educators, shares the most important lessons he has learned from loved ones who've picked up the pieces in the aftermath of a drug overdose. Readers will learn ideas for coping in the early days after the tragic death, as well as ways to transcend the stigma associated with overdose deaths. The book also explores common thoughts and feelings, the six needs of mourning, self-care essentials, finding hope, and more.
Yes, the road you are now walking is a heartbreaking one, but the principles in this guide will help you step through the darkness and back into the light.
Understanding Your Grief after a Drug-Overdose Death is part of Companion Press's Words of Hope and Healing series—empathetic books on grief and other loss-related topics, with just the right amount of education and support.
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. W olfelt 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 companioning mourners through their challenging grief journeys. This book rounds out Dr. W olfelt’s resources on the companioning philosophy of grief care, making it an essential addition to your professional library.

TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-61722-258-0 • 242 pages • $24.95 • softcover

When Grief is Complicated
Educational Supplement

If you’re companioning complicated grievers, this packet contains dozen of educational handouts and worksheets to help you educate the grievers in your care and facilitate mourning. Simply purchase and download the supplement PDF and print out individual sheets as needed.
47 pages • $19.95 • Digital Available at www.centerforloss.com

The Dementia Care-Partner’s Workbook:
A Guide for Understanding, Education, and Hope

By Edward G. Shaw, M.D., M.A.

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.

ISBN 978-1-61722-274-0 • 290 pages • softcover • $19.95

A Leader’s Manual
For Dementia Care-Partner Support Group

By Edward G. Shaw, M.D., M.A., and Alan D. W olfelt, Ph.D., C.T.

A Leader’s Manual for Dementia Care-Partner Support Groups is the comprehensive resource you need to lead a support group for dementia care partners. The Manual provides general information about establishing and leading support groups, counseling skills for leaders and co-leaders, how to handle challenging group participants, step-by-step instructions on how to run each meeting (including meeting-specific handouts), and lots of practical advice from co-authors Dr. Edward Shaw and Dr. Alan W olfelt.

Simply purchase and download the PDF. Print out the whole thing or individual sheets as needed.
$19.95 • 113 pages • Digital • Available at www.centerforloss.com

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

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 • 122 pages • softcover • $14.95
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 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 now available on Audible!

“Quite simply the most beautiful book I have ever read. It is honest, enchanting, and gave me hope that the rest of my days will not be so dark as they are now.”
— Meghan from Ontario, Canada

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

Available in English and Spanish!

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.

Afterwords Pricing:
1 - $5.00
10 - $20.00
25 - $45.00
50 - $82.50
100 - $150.00
500 - $650.00
1000 - $1000.00
Please call for shipping costs

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.

MEDITATION SUBSCRIPTION PROGRAM - see page 28.

ISBN 978-1-61722-263-4 • 384 pages • softcover • $14.95

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.

TRAINING OPPORTUNITY! See Page 30.

ISBN 978-1-61722-263-4 • 384 pages • softcover • $14.95

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

Available in English and Spanish!

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.

Afterwords Pricing:
1 - $5.00
10 - $20.00
25 - $45.00
50 - $82.50
100 - $150.00
500 - $650.00
1000 - $1000.00
Please call for shipping costs
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.

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

ORDER:
Call: (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit www.centerforloss.com/bookstore.

SPECIAL SET PRICE:
Order Understanding Your Grief and The Understanding Your Grief Journal and receive more than 15% off the normal combined price • $25.00

"Of all the books I’ve read since my son was killed (and there are plenty), this one would be at the top of the recommendation list for the bereaved to read. It thoroughly covers every facet of grief that one will ever experience along the journey. For once, I had my own worst time of day acknowledged and explained. In our mourning-avoiding society, this book validates and fortifies the bereaved. In addition, Dr. Wolfelt adeptly and compassionately shows the way to integrate grief into a positive transformation toward a new life of hope as our loved ones would want us to live."

— 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
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.

TRAINING OPPORTUNITY! See Page 30.

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

The Wilderness of Grief

Finding Your Way

A beautiful, hardcover gift book version of Understanding Your Grief

Understanding Your Grief provides a comprehensive exploration of grief and the ten essential touchstones for finding hope and healing your heart. The Wilderness of Grief is an excerpted version of Understanding Your Grief, making it approachable and appropriate for all mourners.

This concise book makes an excellent gift for anyone in mourning. On the book's inside front cover is room for writing an inscription to your grieving friend.

While some readers will appreciate the more in-depth Understanding Your Grief, others may feel overwhelmed by the amount of information it contains. For these readers we recommend The Wilderness of Grief. (Fans of Understanding Your Grief will also want a copy of The Wilderness of Grief to turn to in spare moments.)

The Wilderness of Grief is an ideal book for the bedside or coffee table. Pick it up before bed and read just a few pages. You'll be carried off to sleep by its gentle, affirming messages of hope and healing.

ISBN 978-1-879651-52-4 • 112 pages hardcover • $15.95

The Wilderness of Grief Audiobook

Narrated by Dr. Wolfelt and beautifully produced, this audiobook version of The Wilderness of Grief reveals the trail markers—or touchstones—that will help guide you through the wilderness that is grief. Makes a wonderful gift—either for someone you care about or for yourself!

ISBN 978-1-879651-55-5 • 90 minutes • $15.95

Now available digitally on Audible!

SPECIAL SET PRICE:

Order the audiobook together with the hardcover version and receive 10% off the normal combined price • $28.00

Bereavement Support Group Start-up Package

$270 | 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.

TO ORDER: Call: (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit www.centerforloss.com/bookstore.
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.

TRAINING OPPORTUNITY! See Page 30.

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

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

SPECIAL SET PRICE:

Order Understanding Your Suicide Grief and The Understanding Your Suicide Grief Journal and receive more than 15% off the normal combined price. • $25.00

The Wilderness of Suicide Grief

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

Suicide Grief Support Group Start-Up Package

For support group leaders and participants, this package contains two copies of The Understanding Your Suicide Grief Support Group Guide and ten copies each of Understanding Your Suicide Grief and The Understanding Your Suicide Grief Journal.

$270 • SAVE 15%

TO ORDER: Call: (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit www.centerforloss.com/bookstore.
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.

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**Healing Your Grieving Heart**

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

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**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.

**TRAINING OPPORTUNITY!** See Page 30.

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

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**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

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**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, and 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 Your Grieving Soul
100 Spiritual Practices for Mourners
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. 

TRAINING OPPORTUNITY!
See Page 30.
128 pages • softcover • $11.95

Healing Your Grieving Body
100 Physical Practices for Mourners
by Alan D. Wolfelt, Ph.D.
and Kirby J. Duvall, M.D.
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

Healing Your Holiday Grief
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

Healing the Adult Sibling’s Grieving Heart
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.
ISBN 978-1-879651-29-6 • 128 pages • softcover • $11.95

Healing A Friend’s Grieving Heart
100 Practical Ideas for Helping Someone You Love Through Loss
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

Healing Your Traumatized Heart
100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death
Death is never easy, but for families and friends affected by a sudden, violent death, grief is especially traumatic. Deaths caused by accidents, homicide, and suicide typically seem premature, unjust, and very, very wrong.
ISBN 978-1-879651-32-6 • 128 pages • softcover • $11.95
Healing Your Grieving Heart After a Cancer Diagnosis
100 Practical Ideas for Coping, Surviving, and Thriving
By Alan D. Wolfelt, Ph.D., and Kirby J. Duvall, M.D.
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 • $11.95

Healing a Friend or Loved One’s Grieving Heart After a Cancer Diagnosis
100 Practical Ideas for Providing Compassion, Comfort, and Care
By Alan D. Wolfelt, Ph.D., and Kirby J. Duvall, M.D.
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

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.
If you are grieving in the aftermath of a miscarriage or ectopic pregnancy, this compassionate book will help you heal.
ISBN 978-1-61722-218-4 • 128 pages • softcover • $11.95

Healing Your Grieving Heart After Stillbirth
100 Practical Ideas for Parents and Families
by Alan D. Wolfelt, Ph.D. and Raelynn Maloney, Ph.D.
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

"Healing Your Grieving Heart After Stillbirth has been so helpful to me and my husband. We really appreciate how truly practical it is and how easy it is to read and apply to our lives. Books on grief that are chapter after chapter often lose me quickly.”
— Sarah from Virginia

"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
“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
A grandparent’s grief is many-layered. Grieving grandparents are faced not only with grieving the loss of a grandchild but with witnessing their child—the parent of the child who died—mourn the death. This book offers grandparents compassionate comfort and practical ideas for their journey through grief.
ISBN 978-1-61722-197-2 • 128 pages • softcover • $11.95

“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.
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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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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.

22 pages • $2.00
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The death of a pet can be particularly difficult for children, and the stronger the relationship between child and pet, the more the child will grieve when the pet dies. This coloring book for kids for kids ages 3-8 will help them express their feelings about the pet’s death and learn about both the joy—and the pain—that comes from caring for others, including our precious companion animals.

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Divorce Coloring Book
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.

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The Healing Your Grieving Heart Journal for Teens

With a Foreword by Brian Griese

Teenagers 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
A Child’s View of Grief

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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

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

My Grief Rights

A poster for kids

This colorful, oversized poster helps grieving kids understand their feelings and empowers them to mourn in healthy ways. A compassionate gift for any bereaved child old enough to read. The contemporary design and straightforward—but-not-condescending text also make it appropriate for grieving teenagers.

Poster (24”x36”) • $15.00

Also available as wallet cards, see page 26.
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.

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

ISBN 978-1-61722-222-1 • 136 pages • hardcover • $15.95

Resources for Adult Mourners

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.

TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-879651-51-7 • 152 pages • softcover • $13.95

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.

TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-61722-193-4 • 128 pages • softcover • $14.95

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

The PTSD Solution
The Truth About Your Symptoms and How to Heal

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. 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.

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
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

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 anytime you need a new dose of enlightenment.

ISBN 978-1-61722-162-0 • 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 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

SPECIAL SERIES PRICE:
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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. 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
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.

TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-879651-41-8 • 191 pages • hardcover • $29.95

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 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.

WALLET CARDS! See page 26.
ISBN 978-1-61722-166-8 • 128 pages • hardcover • $15.95

Tenets of Companioning

Use this poster to help people know you are an advocate for the companioning philosophy of grief care. The content highlights Dr. Wolfelt’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”x36”) • $20.00

“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

TO ORDER: Call: (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit www.centerforloss.com/bookstore.
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.

TRAINING OPPORTUNITY! See Page 30.
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.

TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-61722-158-9 • 208 pages • softcover • $29.95

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Reframing PTSD as Traumatic Grief
How Caregivers Can Companion Traumatized Grievers Through Catch Up Mourning
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TRAINING OPPORTUNITY! See Page 30.
ISBN 978-161722-213-9 • 144 pages • hardcover • $29.95
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Practical Rituals for Caregivers
by Marc Markell, Ph.D., Foreword by Alan D. Wolfelt, Ph.D.
This book explains the how-tos of creating rituals for people with developmental disabilities whose special cognitive needs are often overlooked after a death. Rituals outlined in this book include the use of pictures, memory objects, drawing, music, and writing as well as storytelling. Author Dr. Marc Markell is a grief counselor and university professor.

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

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Touchstones for Those Who Love Someone Who is Dying
by Greg Yoder
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Companioning at a Time of Perinatal Loss
A Guide for Nurses, Physicians, Social Workers and Chaplains in the Hospital Setting
by Jane Heustis & Marcia Meyer Jenkins
Foreword by Alan D. Wolfelt, Ph.D.
Many OB caregivers feel unprepared to handle the intensity of perinatal loss. Most hospitals have bereavement care standards but offer little instruction in following them. Written by seasoned support nurses, Companioning at a Time of Perinatal Loss outlines a framework for bereavement care in the obstetrical arena. Based on Dr. Wolfelt’s principles of companioning, it describes loss from the family’s perspective, defines the caregiver’s role, offers bedside strategies, and reviews the work of mourning in the weeks and months after.

ISBN 978-1-879651-47-0 • 154 pages • softcover • $19.95

Companioning the Dying
A Soulful Guide for Caregivers
by Greg Yoder, Foreword by Alan D. Wolfelt, Ph.D.
Based on the assumption that all dying experiences belong not to the caregivers but to those who are dying—and that there is no such thing as a “good death” or a “bad death” — Companioning the Dying helps readers bring a respectful, nonjudgmental presence to the dying while liberating them from self-imposed or popular expectations to say or do the right thing.

Written with candor and wit by hospice counselor Greg Yoder, Companioning the Dying exudes a compassion and a clarity that can only come from intimate work with the dying. The book teaches through real-life stories that will resonate with both experienced clinical professionals as well as laypeople in the throes of caring for a dying loved one.

ISBN 978-1-61722-149-1 • 148 pages • softcover • $19.95

Caring for Donor Families Before, During and After
Second Edition
by Raelynn Maloney, Ph.D., and Alan D. Wolfelt, Ph.D.
This updated resource for hospital and organ procurement caregivers goes beyond helping professionals understand the challenges of obtaining consent and invites them to offer compassionate care throughout the family’s experience with the death, including the months and years following.

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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...

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Funeral Home Customer Service A-Z
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There’s a new customer out there—one who no longer implicitly values the funeral and the role of the funeral home. This motivational (yet extremely practical) resource explains the evolution and expectations of today’s “experience economy” customer, then offers practical advice for exceeding those expectations every step of the way.

ISBN 978-1-879651-44-9 • 240 pages • softcover $24.95

The Pocket Consultant for Funeral Service
Customer Service A-Z
Now Dr. Wolfelt’s landmark guide for funeral service will fit in your shirt pocket

WALLET CARDS! See page 26.
ISBN 978-1-879651-49-4 • 96 pages • softcover 3.5” x 5.5” • $6.95

Creating Meaningful Funeral Experiences
A Guide for Caregivers
This revised, updated guide explores the ways in which personalized funerals transform mourners. It also reviews qualities in caregivers that make them effective celebrants and funeral planners and provides practical ideas for creating authentic, personalized, and meaningful funeral experiences.

TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-879651-38-8 • 96 pages softcover • $12.95

Creating Meaningful Funeral Ceremonies
A Guide for Families
This compassionate, friendly workbook affirms the importance of the personalized funeral ritual and helps families create a ceremony that will be both healing and meaningful for years to come.

TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-879651-20-3 • 82 pages • softcover • $12.95

SPECIAL SET PRICE:
Order both Creating Meaningful Funeral books and get more than 20% off! $20.00
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

“...When Your Pet Dies is an 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.

For pricing, see page 5.

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
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.
ISBN 978-1-879651-50-0 • 196 pages • softcover • $14.95

The Transcending Divorce Journal
Exploring the Ten Essential Touchstones
This companion journal to Transcending Divorce helps you explore the ten essential touchstones for finding hope and healing your grieving heart after divorce.
ISBN 978-1-879651-54-8 • 134 pages • softcover • $14.95

The Transcending Divorce Support Group Guide
Meeting Plans for Facilitators
This book is for those who want to facilitate an effective divorce group. It includes 12 meeting plans that interface with Dr. Wolfelt’s Transcending Divorce book and its companion journal.
ISBN 978-1-879651-56-2 • 52 pages • softcover • $12.95

The Wilderness of Divorce
Finding Your Way
This hardcover gift book is a compassionate, easy-to-read guide to finding your way through the wilderness of divorce. This book is an excerpted version of the comprehensive Transcending Divorce: Ten Essential Touchstones, making it a more concise, friendly guide for the newly divorced.
ISBN 978-1-879651-53-1 • 112 pages • hardcover • $15.95

Divorce Support Group Start-Up Package
$270.00 Save nearly 20%!
For divorce support group leaders and participants, this package contains two copies of The Transcending Divorce Support Group Guide and ten copies each of Transcending Divorce and The Transcending Divorce Journal.

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 978-1-61722-142-2 • 128 pages • softcover • $11.95

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.
ISBN 978-1-61722-138-5 • 128 pages • softcover • $11.95

SPECIAL SET PRICE:
Order Transcending Divorce and The Transcending Divorce Journal and receive more than 15% off the normal combined price • $25.00

TO ORDER: Call: (970) 226.6050 or Fax Toll-Free: 1.800.922.6051. Or visit www.centerforloss.com/bookstore.

SPECIAL SET PRICE:
Order Healing After Divorce and Healing a Child’s Heart After Divorce and get 10% off! • $21.50

SPECIAL SET PRICE:
Divorce Support Group Start-Up Package $270.00 Save nearly 20%!
For divorce support group leaders and participants, this package contains two copies of The Transcending Divorce Support Group Guide and ten copies each of Transcending Divorce and The Transcending Divorce Journal.
**My Grief Rights**  
Wallet cards for kids  
These colorful wallet cards help grieving kids understand their feelings and empowers them to mourn in healthy ways. A compassionate gift for any bereaved child old enough to read. The contemporary design and straightforward—but-not-condescending text also make it appropriate for grieving teenagers. Wallet cards are great for kids to carry with them and share with others.

Wallet Cards (Packet of 50) • $15.00  
Also available as an oversized poster, see page 16.

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**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

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**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

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**The Mourners’ Bill of Rights**  
Spanish Version - Wallet Cards  
The same Mourners’ Bill of Rights you have become familiar with, in a compassionate and accurate Spanish translation.

Wallet cards (packet of 50) $15.00

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**The Bereavement Caregiver’s Self-Care Manifesto**  
Wallet Cards  
For all bereavement caregivers who have felt stressed by their jobs, this tasteful wallet card calls for good self-care in the face of these challenges. The cards fold to credit card size.

Wallet cards (packet of 50) • $15.00

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**Ten Freedoms for Creating Meaningful Funeral Ceremonies**  
Wallet Cards  
This wallet card gently reminds us of the value of funerals and offers us support as we plan a meaningful ceremony. The cards fold to credit card size.

Wallet cards (packet of 50) • $15.00
The Helping Series

Compassionate Brochures to Give to Mourners

Concise brochures written by Dr. Wolpelt and designed for economical mass distribution, the Helping Series offers assistance to the bereaved in coping with specific types of death and grief responses. In use by hundreds of hospices and funeral homes throughout North America.

Helping Series sample packet: $20.00 (one each of 40 titles)
Packet of 100 of a single title: $40.00
Individual copies: $0.50 each

Helping Yourself Heal When Someone Dies
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Helping Bereaved Siblings Heal
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Helping Children with Funerals
Helping Children Understand Cremation
Helping Create a Meaningful Eulogy
Helping Dispel 5 Common Myths About Grief
Helping Grieving Children at School
Helping Infants and Toddlers When Someone They Love Dies
Helping People with Alzheimer’s or Memory Loss Understand News of a Death
Helping SIDS Survivors Heal
Helping Teenagers Cope with Grief
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Helping Yourself Heal When a Baby Dies
Helping Yourself Heal When a Parent Dies
Helping Yourself Heal When an Adult Sibling Dies
Helping Yourself Heal When Someone You Care About Has Alzheimer’s
Helping Yourself Live When You are Dying
Helping Yourself Live When You are Seriously Ill

SPANISH

Helping Yourself Heal When Someone Dies
Helping Yourself Heal During the Holiday Season
Griefwords

Check it out at www.centerforloss.com/griefwords

Dr. Alan Wolfelt has developed a great turnkey web outreach program called Griefwords. It provides a web-based, comprehensive library of articles and book excerpts about grief for bereaved families as well as bereavement caregivers. While Dr. Wolfelt continues to create content for Griefwords, Batesville Technology Solutions now administers the program.

Sample article titles include:
- The Journey Through Grief: The Mourner’s Six Reconciliation Needs
- Helping Dispel 5 Commons Myths About Grief
- The Spiritual Path to Healing
- Helping Yourself Heal During the Holiday Season
- The Mourner’s Bill of Rights

Please call: (877) 287-8661 or email: technology.sales@batesville.com for more information, pricing, and to subscribe.

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.

5-card set (5 different messages per set; each set has unique messages)  •  $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

Meditation Subscription Program

After someone we love dies, each day can be a struggle. But each day, if we work to embrace our normal and necessary grief and care for ourselves, we will also take one step toward healing.

Based on Dr. Wolfelt’s popular book Grief One Day at a Time, hospices, funeral homes, churches and more can now help those who grieve find comfort and understanding by delivering this daily companion directly to their inbox each morning.

Each entry includes an inspiring or soothing quote followed by a short discussion of the day’s theme and a succinct meditation.

Please call (970) 226-6050 or email books@centerforloss.com for more information, pricing, and to subscribe.

Wolfelt’s Grief Gardening Model

A poster for “grief gardeners”

This fine art-quality poster not only depicts Dr. Wolfelt’s Grief Gardening Model in lush full color, it also contains a written guide to the many metaphors of the garden.

Poster (18” x 24”)  •  $15.00
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.

You Can Bring Dr. Wolfelt’s Inspiring Workshops to Your Community!

Did you know your organization can bring Dr. Wolfelt to your community to provide programs to your lay public as well as caregivers? As one sponsor noted, “We have received so many accolades for having Dr. Wolfelt come to our community. One participant even said that it was the best workshop she had ever attended in her entire life.”

Typical presentation formats include all-day workshops, evening presentations, and morning workshops. We’re happy to work with you to create the presentation that best meets your needs.

Sample program topics

- Understanding Your Grief: Touchstones for Hope and Healing
- Exploring Death, Grief, and Mourning: An Evening with Dr. Alan D. Wolfelt
- The Art of “Companioning” the Mourner: Caring versus Curing
- 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

Please call us at (970) 226-6050 to receive a potential sponsor packet. Once we have confirmed dates that will work well for you, we will send you a checklist and timetable that will ensure preparations for your workshop will proceed smoothly. Should you have any questions, please call. We look forward to working with you to bring excellent continuing grief education to your area!

“We are basking in the glory of many, many comments and letters we have received. Everyone was tremendously impressed with the content and quality of both the community program for the public and the workshop for professional caregivers. Never in our wildest imagination did we expect this great abundance of thank-you letters, cards, and comments!”

— A recent sponsor
Four-Day Trainings for Bereavement Caregivers

The Center for Loss & Life Transition invites you to learn with Dr. Alan Wolfelt. 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.

WHAT ARE THE CENTER FOR LOSS TRAININGS?
These quality bereavement care training for caregivers have evolved out of a demand for concise yet comprehensive information in the growing area of death education and counseling.

WHO SHOULD ATTEND?
Hospice staff and volunteers, mental health care providers, social workers, clergy, school personnel, funeral directors, nurses and physicians, students and other interested professionals, as well as lay people.

HOW WILL ATTENDING HELP ME?
Caregivers benefit in many ways from our seminars. We will help you become more familiar with the grief process, enhance your ability to relate effectively to the grieving person or family, develop new skills to cope with personal feelings, receive resource materials to facilitate continued learning, fine-tune skills in the helping relationship, expand your knowledge of current discipline developments, and heighten your awareness of resources in the areas of death, dying, grief, and bereavement.

WHERE ARE THE TRAININGS HELD?
Trainings are held in Fort Collins, Colorado and Scottsdale, Arizona.

WHEN ARE THE TRAININGS HELD?
Please see at right a list of courses we will be offering in 2020 and 2021. Our training seminars are each four days long.

QUESTIONS?
For more information about our four-day trainings in Fort Collins, Colorado, and Scottsdale, Arizona, please contact us:

WEBSITE:
www.centerforloss.com/training

PHONE:
(970) 226-6050

EMAIL:
training@centerforloss.com

2020-2021 Training Classes

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“This is the best continuing education experience I have ever had in my life. All I can say is thank you so much for making this both a highly personal and professional life-changing experience.”
— A bereavement specialist

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The Center for Loss and Life Transition, directed by Dr. Alan Wolfelt, is dedicated to furthering our understanding of the complex emotions we call grief. Our mission is to help both the bereaved, by walking with them in their unique journeys, and bereavement caregivers, by serving as an educational liaison and professional forum.

Visit our Website
www.centerforloss.com

The Center for Loss & Life Transition’s website contains information for mourners, details about our educational training seminars, Dr. Wolfelt’s North American speaking schedule, and an online bookstore.

Join Our E-mail List!

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