THE WRITINGS OF
Dr. Alan Wolfelt

Three new titles in the Words of Hope and Healing Series. See page 3.
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 companioning 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.

Though our schedule has been impacted secondary to the COVID-19 Pandemic, I continue to be committed to touch lives in 2020 and 2021! 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 many new resources coming out this year!

I have recently introduced a new series of books in what I’m calling the “Words of Hope and Healing” series. To date, I have written Understanding Your Grief After a Drug-Overdose Death, Too Much Loss: Coping with Grief Overload, and The Grief of Infertility. Arriving this Fall are five more titles in the series. Expected Loss: Coping with Anticipatory Grief and If You’re Lonely will be available on October 1. Available on November 1 is Nature Heals; December 1 is Sympathy and Condolences; and January 1, 2021 is Grief after Homicide. Find these new titles on pages 3-5.

Also available this Fall is a new title by my daughter, Jaimie A. Wolfelt, Living with Diabetes: A Journal for Teens. Find this and her other resources on page 20. Finally, available January 1 is my new title in the Understanding Your Grief series – 365 Days of Understanding Your Grief.

If you have other topics where you think there is a need I should address, please let me know by emailing me at DrWolfelt@centerforloss.com.

In gratitude,

[Signature]

On a personal note, I’m honored to share with you my first grandchild, Grayson!
Expected Loss
Coping with Anticipatory Grief

We don’t only experience grief after a loss—we often experience it before.

If someone we love is seriously ill, or if we’re concerned about upcoming hardships of any kind, we naturally begin to grieve right now. This process of anticipatory grief is normal, but it can also be confusing and painful. This compassionate guide will help you understand and befriend your grief as well as find effective ways to express it as you live your daily life.

Life is change, and change is hard. This book will help see you through.

ISBN: 978-1-61722-295-5 • 64 pages • Softcover • $9.95 • Available 10/1/2020

If You’re Lonely:
Finding Your Way

Ironically, if you are lonely, you’re not alone.

People the world over are experiencing an epidemic of loneliness. In the US, one in five of us reports feeling lonely, and almost half of seniors are lonely on a regular basis. Loneliness hurts, and it can lead to depression, addiction, physical problems, and other harmful consequences.

This compassionate guide will help you better understand your loneliness as well as the important distinction between isolation and solitude. It also offers a variety of practical suggestions for reclaiming community and building meaningful connections in ways that suit you.

Finding your way back to companionship and hope is not only possible, it’s essential. You deserve to feel better. You deserve connection. This book will help you find your way.

ISBN: 978-1-61722-297-9 • 64 pages • Softcover • $9.95 • Available 10/1/2020

Nature Heals: Reconciling Your Grief Through Engaging with the Natural World

When we’re grieving, we need relief from our pain. Today we often turn to technology for distraction when what we really need is the opposite: generous doses of nature. Studies show that time spent outdoors lowers blood pressure, eases depression and anxiety, bolsters the immune system, lessens stress, and even makes us more compassionate. This guide to the tonic of nature explores why engaging with the natural world is so effective at helping reconcile grief. It also offers suggestions for bringing short bursts of nature time (indoors and outdoors) into your everyday life as well as tips for actively mourning in nature. This book is your shortcut to hope and healing…the natural way.

ISBN: 978-1-61722-301-3 • 64 pages • Softcover • $9.95 • Available 11/1/2020

Sympathy and Condolences: What to Say and Write to Convey Your Support After a Loss

When someone you care about has suffered the death of a loved one or another significant loss, you want to let them know you care. But it can be hard to know what to say to them or to write in a sympathy note. This handy book offers tips for how to talk or write to a grieving person to convey your genuine concern and support. What to say, what not to say, sympathy card etiquette, how to keep in touch, and more are covered in this concise guide written by one of the world’s most beloved grief counselors. You’ll turn to it again and again, not only after a death but during times of divorce or break-ups, serious illness, loss of a pet, job change or loss, traumatic life events, major life transitions that are both happy and sad, and more.

ISBN: 978-1-61722-305-1
64 pages • Softcover • $9.95
Available 12/1/2020
Grief After Homicide: Surviving, Mourning, Reconciling

Homicide creates a grief like no other. If someone you love died by homicide, your grief is naturally traumatic and complicated. Not only might your grief journey be intertwined with painful criminal justice proceedings, you may also struggle with understandably intense rage, regret, and despair. It's natural for homicide survivors to focus on the particular circumstances of the death as well.

Whether your loved one's death was caused by murder or manslaughter, this compassionate guide will help you understand and cope with your difficult grief. It offers suggestions for reconciling yourself to the death on your own terms and finding healing ways for you and your family to mourn. After a homicide death, there is help for those left behind, and there is hope. This book will help see you through.

ISBN: 978-1-61722-301-3  •  64 pages  •  Softcover  •  $9.95

Available 1/1/2021

Too Much Loss: Coping with Grief Overload

If you are feeling overwhelmed by too much loss in your life, this book is for you. Grief overload is what you feel when you experience too many significant losses all at once, in a relatively short period of time, or cumulatively. In addition to the deaths of loved ones, such losses can also include divorce, estrangement, illness, relocation, job changes, and more. Our minds and hearts have enough trouble coping with a single loss, so when the losses pile up, the grief often seems especially chaotic and defeating. The good news is that through intentional, active mourning, you can and will find your way back to hope and healing. This compassionate guide will show you how.

ISBN: 978-1-61722-287-0  •  64 pages  •  softcover  •  $9.95

The Grief of Infertility

When you want to have a baby but are struggling with fertility challenges, it's normal to experience a range and mixture of ever-changing feelings.

These feelings are a natural and necessary form of grief. Whether you continue to hope to give birth or you've stopped pursuing pregnancy, this compassionate guide will help you affirm and express your feelings about infertility. By giving authentic attention to your grief, you will be helping yourself cope with your emotions as well as learn how to actively mourn and live fully and joyfully at the same time. This compassionate guide will show you how. Tips for both women and men are included.

ISBN: 978-1-61722-291-7  •  64 pages  •  Softcover  •  $9.95
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.

978-1-61722-285-6
64 pages • softcover • $9.95

365 Days of Understanding Your Grief

After a significant loss, grief is an everyday experience. This companion book to Dr. Alan Wolfelt’s bestseller Understanding Your Grief parses his essential guidance into small, daily doses.

Whether you’re choosing this book as a follow-up to Understanding Your Grief or as a way to engage with the teachings in a different format, you’ll find a combination of classic content mixed with new ideas and insights. Reading just one page each day will help you sustain hope and heal your heart.

ISBN: 978-1-61722-299-3 • 384 pages • Softcover • $14.95
Available 1/1/2021

Living with Diabetes: A Journal for Teens

By Jaimie A. Wolfelt

If being a teenager is hard, what about being a teenager with diabetes? Alternating brief educational sections with space for responding to questions, this compassionate guided journal helps teens understand and express their many feelings about living with Type 1 diabetes. Topics explored include depression, anxiety, isolation, chronic fatigue, self-identity challenges, emotional responses to high and low blood sugar, and more. As they step through this journal, teens learn that their feelings are normal and are invited to share their unique stories. Physical self-care for teens with diabetes is essential, but so is emotional self-care. This journal is a simple, teen-friendly tool for emotional support, exploration, and growth.

ISBN: 978-1-61722-289-4 • Softcover • $11.95 • Available 10/1/2020
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.

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.

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

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

By Edward G. Shaw, M.D., M.A., and Alan D. Wolfelt, 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 Wolfelt.

ISBN: 978-1-61722-293-1  •  180 pages  •  softcover  •  $19.95

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
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 - $1500.00

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.

ISBN 978-1-61722-238-2 • 384 pages

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.

ISBN 978-1-61722-263-4 • 384 pages

One Mindful Day at a Time

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 - $1500.00

Please call for shipping costs

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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

* * * * *

My Pet Died
A Coloring Book for Grieving Kids

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 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.

ISBN 978-1-61722-217-7 • 22 pages $2.00

Bulk Order Discount • 25 copies $30.00

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When Your Pet Died
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.

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Wallet cards to keep with you at all times and share with others grieving the death of a beloved pet.

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* * * * *
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 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.

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

The Wilderness of Grief
Finding Your Way

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
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

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

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%

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

“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

SPECIAL SET PRICE:

Order Understanding Your Grief Series and receive more than 15% off the normal combined price.

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.

THE NEWEST TITLE IN OUR 100 IDEAS SERIES

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

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

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
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.

128 pages • softcover • $11.95

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

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?

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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.

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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.
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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.
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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.
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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.
If you are grieving in the aftermath of a miscarriage or ectopic pregnancy, this compassionate book will help you heal.
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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.
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 978-1-61722-148-4 • 128 pages • softcover • $11.95
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.

128 pages • softcover • $11.95

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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.

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.

ISBN 978-1-61722-171-2 • 128 pages • softcover • $11.95

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Healing Your Grieving Heart
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.

ISBN 978-1-61722-234-4 • 128 pages • softcover • $11.95

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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.

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“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 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-in-still 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

Healing After Job Loss
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

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

The Complete 100 Ideas Collection:
These 29 titles make a wonderful collection for hospices, funeral homes, and libraries. Purchase the complete collection and save 15%!
$294.00

SPECIAL SET PRICE:

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

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.

ISBN 978-1-879651-28-9 • 128 pages • softcover • $11.95

Healing Your Grieving Heart for Kids
100 Practical Ideas

Healing Your Grieving Heart for Kids is for young and middle readers (6- to 12-year-olds) grieving the death of someone loved. The text is simple and straightforward, teaching children about grief and affirming that their thoughts and feelings are not only normal but necessary.

ISBN 978-1-879651-27-2 • 128 pages • softcover • $11.95

Order both Healing A Child’s Grieving Heart and Healing Your Grieving Heart for Kids and get 10% off! • $21.50

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

Healing A Teen’s Grieving Heart is for adults who want practical, day-to-day “how-tos” for helping the grieving teens in their lives. Some of the ideas teach about teenagers’ unique mourning styles and needs. Other ideas suggest simple activities and tips for relating to and spending time with the grieving teen.

ISBN 978-1-879651-24-1 • 128 pages softcover • $11.95

Order both Healing A Teen’s Grieving Heart and Healing Your Grieving Heart for Teens and get 10% off! • $21.50

Healing Your Grieving Heart for Teens
100 Practical Ideas

In this compassionate book for grieving teenagers, Dr. Wolfelt speaks honestly and straightforwardly to teens, affirming their thoughts and feelings and giving them dozens of teen-friendly ideas for understanding and coping with their grief.

ISBN 978-1-879651-23-4 • 128 pages softcover • $11.95

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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  •  Bulk Order Discount • 25 copies • $30.00

My Pet Died
A Coloring Book for Grieving Kids
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 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.
22 pages • $2.00  •  Bulk Order Discount • 25 copies • $30.00

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 978-1-899651-33-3  • 120 pages softcover • $11.95
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 • Bulk order discount 25 copies $30.00.

My Grief Rights as a Kid with Diabetes
Wallet Cards

These colorful wallet cards help kids diagnosed with diabetes understand their feelings and empowers them to express themselves in healthy ways.

The contemporary design and straightforward-but-not-condescending text also make it appropriate for those diagnosed with diabetes at any age. Wallet cards are great for kids to carry with them and share with others.

Wallet cards (packet of 50)
$15.00

Living with Diabetes: A Journal for Teens

By Jaimie A. Wolfelt

If being a teenager is hard, what about being a teenager with diabetes? Alternating brief educational sections with space for responding to questions, this compassionate guided journal helps teens understand and express their many feelings about living with Type 1 diabetes. Topics explored include depression, anxiety, isolation, chronic fatigue, self-identity challenges, emotional responses to high and low blood sugar, and more. As they step through this journal, teens learn that their feelings are normal and are invited to share their unique stories. Physical self-care for teens with diabetes is essential, but so is emotional self-care. This journal is a simple, teen-friendly tool for emotional support, exploration, and growth.

ISBN: 978-1-61722-289-4
Softcover • $11.95
Available 10/1/2020
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

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

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

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.


144 pages • softcover • $14.95

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 32.
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

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

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. Wolcott’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 978-1-879651-88-0  •  152 pages • hardcover • $21.95
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.

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.

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

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 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

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

SPECIAL SERIES PRICE:
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

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 32.
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

“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 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

Reframing PTSD as Traumatic Grief
How Caregivers Can Companion Traumatized Grievers Through Catch Up Mourning

In this guide for counselors and caregivers, Dr. Wolfelt reframes PTSD as a form of grief. Helping PTSD sufferers mourn their unacknowledged and “carried” grief over the traumatic events that caused their symptoms is the key to helping them heal. Rather than seeking to quickly treat away symptoms of PTSD, caregivers who follow Dr. Wolfelt’s “companioning” philosophy will instead see the natural and necessary PTSD symptoms as indicators that the sufferer needs additional support and encouragement to express himself. This holistic new approach acknowledges clinical PTSD treatments as part of the solution while emphasizing that authentic mourning is the primary and most essential healer.

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

Counseling Skills for Companioni
ng 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 judgement, 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
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 companioning 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.

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Tenets of Companioniing

Use these resources 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 piece to humbly acknowledge your commitment to companioning and supporting people in grief.

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If you’re companioning complicated grievers, this packet contains dozens 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.

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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.

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The Center for Loss & Life Transition’s website contains information for mourners, details about our educational training seminars, Dr. Wolfelt’s speaking schedule, an opportunity to join our e-mail list, and an online bookstore.

About the Author
Dr. Alan Wolfelt has been recognized as one of North America’s leading death educators and grief counselors. His books have sold more than a million copies worldwide and have been translated into many languages. He founded the Center for Loss in 1984 to offer education and support both to grievers and bereavement caregivers. He is known around the world for his compassionate messages of hope and healing as well as his companioning philosophy of grief care. Dr. Wolfelt speaks on grief-related topics, offers trainings for caregivers, and has written many bestselling books and other resources on grief for both caregivers and grieving people.

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