The Writings of Dr. Alan Wolfelt

SPRING | SUMMER 2022

NEW TITLES IN THE WORDS OF HOPE AND HEALING SERIES

Concise books of healing and comfort.
See pages 3-4.
A Message from Dr. Wolfelt

Welcome to our Spring/Summer catalog!

We have been delighted to see the response to the new Hope and Healing Series. The next release in this series focuses on the important topic of complicated grief. In addition, my hope is you will enjoy another contribution to this series that will help you cherish those that have gone before you. See page 3 for descriptions of these new resources.

Thank you so much for your positive response to my new editions of Understanding Your Grief Series. I’m humbled that there are hundreds of groups in North America and beyond that are using these resources to help people mourn well, so they can live well and love well. See pages 8-9 for descriptions of the Understanding Your Grief Series.

I’m also excited to share with you that I’m writing a new book titled, You’re Not Crazy - You’re Grieving: 6 Steps for Surviving Loss. In my many years as a grief companion, the most common question I have been asked is, “Am I going crazy?” Of course, you are not going crazy, you are experiencing grief. Please consider sending me any examples from your own grief journey that may have left you feeling like you were “crazy.” Please email me directly at DrWolfelt@Centerforloss.com

My “on road” teaching schedule for 2022 is completely full thanks to my many sponsors that host me in their communities. Because of demand, we are providing a number of virtual learning opportunities. Should your organization be interested in learning more about hosting a virtual keynote for a conference, a workshop for caregivers, or a public evening for the general public, simply email us at info@centerforloss.com

It is exciting that our Manager of Operations, Nicole Duggan, will complete her MBA at Colorado State University in May. Thankfully, she will continue in the vital leadership roles she has with the mission of our Center. As many of you know, she coordinates my speaking schedule, both virtual and in-person; oversees the training component of our Center; and manages the many details of our publishing company, Companion Press. Be sure to congratulate Nicole when you have the opportunity.

As I pen this message to you, COVID is moving into its endemic phase, and we are experiencing some hope for the future while mourning those we have lost to this tragic pandemic. Many of you in your caregiving roles have been asked over and over to go above and beyond. As we have lived through this challenging period of collective grief—we are reminded of the need to be compassionate companions to our fellow human beings, while also practicing excellent self-care.

Thank you so much making such great use of the grief support resources outlined in this catalog. Please stay in touch with us and be gentle with yourself...

"Al Wolfelt"
NEW!
YOU'RE NOT CRAZY - YOU'RE GRIEVING
After a significant loss, it’s common to feel like we’re going crazy. The sudden absence of someone we love is not only devastating, it’s disorienting. They were here one moment, and now they’re… gone? Forever? How can that be?

There is nothing more challenging than the early months and years of a major life loss. In his many years of counseling those in grief, the most common question Dr. Wolfelt is asked is, “Am I going crazy?” This book describes the multitude of experiences that people may have that make them feel “crazy.” Yes, you may feel like you’re going crazy, but you’re not. You’re grieving! Your thoughts, feelings, and reactions are normal. And you can and will survive. What’s more, your days in deep grief will be a little easier if you turn to these six steps.

Available 4/1/23 • $18.95 • ISBN: 978-1-61722-322-8 • softcover

NEW!
COMPLICATED GRIEF:
HOW TO UNDERSTAND, EXPRESS,
AND RECONCILE YOUR ESPECIALLY DIFFICULT GRIEF
Grief is always difficult, but if yours feels especially painful, stuck, or complex, you may be experiencing complicated grief. Complicated grief is not an illness or disorder. It’s simply normal grief that’s been made more challenging by circumstances that overwhelm the person in mourning.

In this compassionate resource you’ll learn how complicated grief is different and what you can do to soften and eventually reconcile it. You’ll inventory the reasons your grief is complicated. You’ll learn the importance of engaging with and expressing your grief. And you’ll find hope for your healing. There is a path through and beyond the wilderness of complicated grief. It’s more arduous than most, but to live and love fully again, you must identify ways to walk this path that work for you. This book will show you the way.

Available 9/1/22 • $9.95 • ISBN: 9781617223181 • Softcover 64 pages

NEW!
CHERISHING:
THE ART OF FULLY LIVING WHILE STILL LOVING AND HONORING THOSE WHO’VE DIED
After the death of someone close to you, you enter a time of deep grief. And if you use this time to actively, intentionally engage with your grief, you find helpful ways to express it. You do the work of mourning. You share it outside yourself—in doses and over time—so that you begin to integrate your loss into your ongoing life. In other words, you mourn well so that you can heal well—and live and love well again.

In response to this common challenge, Dr. Wolfelt proposes a way of being he calls “cherishing.” To cherish means to protect and care for lovingly, and to hold dear. The mindset, suggestions, and practices in this resource will help you build cherishing into your daily routines.

Available 9/1/22
ISBN: 978-1-61722-320-4
$9.95 • Softcover • 64 pages
"This series is practical and heart-based by an author who clearly has worked with thousands of people in grief. I love that I can refer people I know to specific topics that might help them."

- A reader

The Hope and Healing Series

Concise books of wisdom and comfort

Readers and counselors often ask Dr. Wolfelt to write books on specialized topics not well-covered elsewhere in the grief literature. He created the Hope and Healing Series to fulfill their requests. These short books focus in on particular types of loss and aspects of grief that while distinct, are not uncommon. They affect many millions of people worldwide, each of whom deserves affirmation, support, and guidance for their unique circumstances.

All books in the Hope and Healing series are $9.95 • softcover • 64 pages

NEW! THE ANGER OF GRIEF: HOW TO UNDERSTAND, EMBRACE, AND RESTORATIVELY EXPRESS EXPLOSIVE EMOTIONS AFTER A LOSS

This book will show you how to understand and express your anger and other explosive emotions in restorative ways. Learning to be with your anger and soothe it will not only help you on your healing journey in grief, it will also give you tools for living the remainder of your days with less suffering and more joy. If you are angry, let us begin.

ISBN: 9781617223136

NEW! THE GUILT OF GRIEF: HOW TO UNDERSTAND, EMBRACE, AND RESTORATIVELY EXPRESS GUILT AND REGRET AFTER A LOSS

Guilt and regret are two of the most common feelings in grief. The finality of death allows no more time for apologizing or making amends. There’s no longer room for second chances. And so for many grievers it’s normal to ponder “if-onlys” and experience the pain of mistakes made and opportunities squandered.

ISBN: 9781617223150

TOO MUCH LOSS: COPING WITH GRIEF OVERLOAD

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. 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

EXPECTED LOSS: COPING WITH ANTICIPATORY GRIEF

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 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.


RESTORATIVELY EXPRESSING YOUR ANGER

“How much more grievous are the consequences of anger than the causes of it.”

-Marcus Aurelius

Soothing your anger is a way to soften it inside of you. Expressing your anger outwardly is another way to soften it. Both are necessary important mourning tools. In this section we’ll talk about the healthy expression of anger.

DAMAGING EXPRESSION VS. RESTORATIVE EXPRESSION

To move toward reconciling your grief, you absolutely need to express your explosive emotions. There is no healing without mourning, and as you explore ways to befriend and express your anger, I want you to keep in mind the difference between damaging expression and restorative expression.

Learning to express explosive emotions honors you as a whole. It honors your feelings, relationships, and your physical being. Sometimes it can...
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. This compassionate guide will help you affirm and express your feelings about infertility.

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. 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.

SYMPATHY AND CONDOLENCE
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. 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.
ISBN 978-1-61722-305-1

GRIEF AFTER HOMICIDE: SURVIVING, MOURNING, RECONCILING
Homicide creates a grief like no other. 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.

NATURE HEALS
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.

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. Readers will learn ideas for coping in the early days after the tragic death, as well as ways to transcend the unfair stigma associated with overdose deaths.
Daily Readers

One small dose of healing each day!

Our 365 books are so popular because they provide just the right amount of compassionate support in brief daily doses.

GRIEF ONE DAY AT A TIME

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.

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

ONE MINDFUL DAY AT A TIME

Learn to slow down and live more mindfully with this daily companion. In one brief entry for each day of the calendar year, experience 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 • softcover • $14.95

365 DAYS OF UNDERSTANDING YOUR GRIEF

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

Bit by bit, these one-page-a-day readings will help you feel supported and muster the courage and hope you need to make it through the day. 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

Aftercare Resources

AFTERWORDS...

HELPING YOURSELF HEAL

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

1 - $5.00 • 10 - $20.00
25 - $45.00 • 50 - $82.50
100 - $150.00 • 500 - $650.00
1000 - $1000.00

Available in English and Spanish

Please call for shipping costs
THE HELPING SERIES BROCHURES
Aftercare Brochures and Packets for Hospices and Funeral Homes

Concise brochures written by Dr. Wolfelt 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

TITLES IN THE HELPING SERIES

Helping Yourself Heal When Someone Dies
Helping Yourself Heal When Your Child Dies
Helping Yourself Heal When Your Spouse Dies
Helping Yourself Heal When Someone You Care About Dies of a Drug Overdose
Helping a Child Who is Dying
Helping a Child Who is Seriously Ill
Helping a Friend in Grief
Helping a Friend Who is Dying
Helping a Grandparent Who is Grieving
Helping a Grieving Friend in the Workplace
Helping a Homicide Survivor Heal
Helping a Man Who is Grieving
Helping a Suicide Survivor Heal
Helping Bereaved Siblings Heal
Helping Children Cope with Grief
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

Helping Your Family Cope When a Pet Dies
Helping Your Family Decide if Organ and Tissue Donation is Right for You
Helping Yourself Heal after a Coronavirus Death
Helping Your Family Heal After Miscarriage
Helping Your Family Heal After Stillbirth
Helping Your Family Personalize the Funeral
Helping Your Family When a Member is Dying
Helping Your Family When a Member is Seriously Ill
Helping Yourself Heal During the Holiday Season
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
The Understanding Your Grief Series

Now in updated second editions!

We could not be more thrilled to present the new editions of our most beloved book series.

Updated with additions on new topics such as resilience, vulnerability, grief overload, mindfulness, the power of ritual, and more—and designed with a fresh look—the new Understanding Your Grief books are the same compassionate, readable standbys you know and love but refreshed for the decades to come.

NEW!

UNDERSTANDING YOUR GRIEF [SECOND EDITION]

This book is Dr. Wolfelt’s most comprehensive, covering the essential lessons that mourners have taught him in his four 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.

Think of your grief as a wilderness—a vast, inhospitable forest. You must journey through this wilderness. 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 978-1-617223-07-5 • 240 pages • softcover • $14.95

NEW!

THE UNDERSTANDING YOUR GRIEF JOURNAL [SECOND EDITION]

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.

ISBN 978-1-617222-99-3 • 200 pages • softcover $14.95

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
NEW!
THE UNDERSTANDING YOUR GRIEF SUPPORT GROUP GUIDE [SECOND EDITION]
This book is for professional or lay caregivers who want to start and lead an effective grief support group for adults. It explains how to get a group started and how to keep it running smoothly once it’s underway. The group leader’s roles and responsibilities are explored in detail, including communication skills, trust building, handling problems, and more.
This Guide also includes twelve meeting plans that interface with the second editions of Understanding Your Grief and The Understanding Your Grief Journal. Each week group members read a chapter in the main text, complete a chapter in the journal, and come to group ready for you to guide them through an exploration of the content.
ISBN 978-1-617223-11-2 • 144 pages • softcover • $19.95

BEREAVEMENT SUPPORT GROUP START-UP PACKAGE
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, all second editions. $270

NEW!
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 the 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 more ideas and insights.
ISBN 978-1-61722-299-3 • 384 pages • softcover • $14.95

THE WILDERNESS OF GRIEF
The Wilderness of Grief is an excerpted version of Understanding Your Grief, making it approachable and appropriate for all mourners. This concise hardcover 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.
ISBN 978-1-879651-52-4 • 112 pages • hardcover • $15.95
Audiobook CD narrated by Dr. Wolfelt
ISBN 978-1-879651-55-5 • 90 minutes • $15.95
Also available digitally on Audible!

The 10 Touchstones for Healing Your Heart
In the wilderness of your grief, the ten touchstones are the trail markers that let you know you are on the right path.

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

“If you are looking for one book to help you understand the grief process after a loss, this is the best resource out there. The author is definitely the guru on grief, he truly gets it! I found this after losing my husband and I felt like it helped save me!”
- A reader
Books grounded in Dr. Wolfelt’s counseling philosophy for grief caregivers

When Dr. Wolfelt first presented his companioning model of bereavement care many years ago, counselors, hospice workers, clergy, funeral-home staff, grief support group leaders, and others who help care for grieving people found a new path. The companioning philosophy advocates for the normal and necessary process of grief, including its validation and open expression (mourning) in the presence of an empathetic listener. That’s you, the companion-caregiver! Read Dr. Wolfelt’s Tenets of Companioning on the facing page.

COMPANIONING THE BEREAVED

In contrast to the medical model of grief care, which emphasizes “recovery” and a return to “normal,” this book advocates for companioning grievers through the normal and necessary process of grief. Companioning is not about assessing, analyzing, or fixing. Instead, it is about being totally present to the mourner. The companioning model is grounded in a “teach me” perspective.

COUNSELING SKILLS FOR COMPANIONING THE MOURNER

This compassionate resource outlines both the philosophy and the how-tos of fundamental helping skills of Dr. Wolfelt’s well-respected “companioning” model of grief care. This book provides principles, practical skills, and activities that will allow you to enhance your capacity to be present to and facilitate the hard work of mourning. Add to your toolbox of helping skills and be inspired to truly support others.

THE HANDBOOK FOR COMPANIONING THE MOURNER

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.
The Companioning Model of Grief Care

- Companioning is about being present to another person’s pain; it is not about taking away the pain.
- Companioning is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.
- Companioning is about honoring the spirit; it is not about focusing on the intellect.
- Companioning is about listening with the heart; it is not about analyzing with the head.
- Companioning is about bearing witness to the struggles of others; it is not about judging or directing these struggles.
- Companioning is about walking alongside; it is not about leading.
- Companioning is about discovering the gifts of sacred silence; it is not about filling up every moment with words.
- Companioning is about being still; it is not about frantic movement forward.
- Companioning is about respecting disorder and confusion; it is not about imposing order and logic.
- Companioning is about learning from others; it is not about teaching them.
- Companioning is about compassionate curiosity; it is not about expertise.

Grief is normal and natural. All thoughts and feelings in grief are valid. Everything belongs. Grief companions invite mourners to teach us. They are the experts of their journeys, not us. We are there to walk alongside them, not lead them.
Support Groups

**Getting started**

Grief, the most profound form of human sorrow, demands the support and compassion of our fellow human beings. Here at the Center for Loss, we believe that participating in a grief support group is one of the best ways for mourners to explore their many natural thoughts and feelings, receive empathetic support from others who’ve also experienced a loss, and move toward healing. In addition, support groups:

- offer a safe place to share pain.
- foster connection and counter isolation.
- give mourners new tools for grieving openly and supporting others.
- help mourners find new meaning and purpose.

If you are in mourning, we encourage you to look for a grief support group in your community when you feel ready. One that focuses on your particular type of loss is ideal, but a general death-loss grief support group can also be very helpful. Online groups are another good option, especially if it’s difficult for you to meet with others in person or if there are virtual groups for your unique loss.

If you are a grief caregiver or lay person who would like to start and run a grief support group, our resources provide you with the education and structure you need. In addition to the support group guides and participant book sets on the following page, Dr. Wolfelt teaches a four-day Support Group Facilitator Training course once a year. We invite you to visit the Trainings page at centerforloss.com or call us for more information.

"The Understanding Your Grief Support Group Guide covers so much and as a griever myself I thought this book touched on some areas that other books seem to avoid. I found the information very helpful. Starting a group has more to it than I first thought. I will be much more successful in my endeavors for having read this book."

- A reader
Support Group Book Sets

To provide a model for professional and lay caregivers to start and lead support groups, we’ve created book sets to guide the way.

The Support Group Guide in each set is for the leader and covers all the basics:
- setting up the group format, leadership, location, publicity, ground rules, etc.
- support group dynamics
- responding to problems in the group
- graduations and evaluations
- detailed meeting plans

In addition, each set contains a book and a journal for group members to work through week by week in step with the meeting plans provided. (For the dementia care-partner group, the book and journal are combined into one workbook.)

Our support group book sets have been in use by hundreds of groups. They’ve been well-tested and are a favorite of many support group leaders across North America.

BEREAVEMENT SUPPORT GROUP START-UP PACKAGE

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.*

$270 • Save 20% • See pages 8-9 for book details

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% • See pages 14-15 for book details

DIVORCE SUPPORT GROUP START-UP PACKAGE

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.*

$270 • Save 20% • See page 15 for book details

DEMENTIA SUPPORT GROUP START-UP PACKAGE

For dementia support group leaders and participants, this package contains ten copies of *The Dementia Care-Partner’s Workbook* and two copies of *A Leader’s Manual For Dementia Care-Partner Support Groups.*

$185 • Save 20% • See page 24 for book details

Also available: *A Support Group for People Living with Dementia: The Leader’s Manual*, page 24.
The Understanding Your Suicide Grief Series

Special resources for an especially difficult grief

Suicide grief is a uniquely painful, complicated journey. The grief naturally splits into two parts—one focused on the manner of the death, and one focused on the forever loss of someone loved. These books explore the ten touchstones (see page 9) as they are experienced by suicide survivors and offer a lifeline to hope and healing. Dr. Wolfelt has counseled many families devastated by suicide, and these books contain all the wisdom they have so generously shared with him.

UNDERSTANDING YOUR SUICIDE GRIEF

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

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 save 15%. $25.00

"I am using this book to facilitate a grief support group of those who have lost a loved one through death by suicide. Fantastic and well received by participants! Highly recommend!"

- A reader

"For anyone who has lost someone to suicide this book is a great read. It has made me feel as though I am not alone and that my feelings aren’t crazy. It has been very helpful for me. I absolutely recommend it."

- A reader

“SAVE 15%”

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- A reader
THE WILDERNESS OF SUICIDE GRIEF
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
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

GRIEF AFTER DIVORCE

TO ORDER: Call (970) 226-6050 or visit centerforloss.com/bookstore

Grief After Divorce

TRANSCENDING DIVORCE
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 SUPPORT GROUP GUIDE
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

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

THE WILDERNESS OF DIVORCE
ISBN 978-1-879651-53-1 • 104 pages • hardcover • $15.95

THE TRANSCENDING DIVORCE JOURNAL
This companion journal to Transcending Divorce helps you explore the ten essential touchstones for finding hope and healing your grieving heart after divorce.
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THE TRANSCENDING DIVORCE SUPPORT GROUP START-UP PACKAGE
See page 13

DIVORCE GRIEF SUPPORT GROUP START-UP PACKAGE
See page 13

SAVE 15%

SAVE 20%

HEALING A CHILD’S HEART AFTER DIVORCE
ISBN 978-1-6722-142-2 • 128 pages • softcover • $11.95

HEALING AFTER DIVORCE (FOR KIDS)
ISBN 978-1-6722-138-5 • 128 pages • softcover • $11.95

HOW I FEEL: A COLORING BOOK FOR KIDS DURING AND AFTER DIVORCE
22 pages • $2.00 or 25 copies for $30.00
WHEN YOUR SOULMATE DIES
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

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.

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 Dr. Wolfelt, you will even go on to thrive.

ISBN 978-1-61722-281-8 • 118 pages • softcover • $9.95

LOVING FROM THE OUTSIDE IN, MOURNING FROM THE INSIDE OUT
“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. 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!

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

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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.

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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. This book includes ideas for solo rituals and group ceremonies.

ISBN 978-1-61722-268-9 • 122 pages • softcover $14.95

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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.

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

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These handy wallet cards help mourners remember that each person’s grief is unique and that they have the right to move toward their grief and heal.

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Also available in Spanish

THE MOURNER’S BOOK OF FAITH
In this compassionate, day-by-day book, Dr. Wolfelt explains that the essential needs to mourn and question the meaning of life and death are not inconsistent with faith.

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ISBN 978-1-61722-162-0 • 200 pages • hardcover • $15.95

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ISBN 978-1-879651-65-4 • 200 pages • hardcover • $15.95

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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.

ISBN 978-1-61722-154-5 • 200 pages • hardcover • $15.95

THE MOURNER’S BILL OF RIGHTS WALLET CARDS
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SPECIAL SET PRICE

$40.00
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Notecards are 4.25” x 5.5” • Includes white envelopes

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When a beloved companion animal dies, you may feel overwhelmed at your sadness. Others may not understand the depth of your loss. Yet your pet was part of your family. They were your daily companion, and they gave you unconditional love. You may have been closer to your pet than you were to some family members and friends. These resources will help you affirm your normal and necessary grief and find ways to mourn and heal.

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

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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 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.

22 pages • $2.00

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This card lists the ten inalienable rights after the death of a special companion animal.

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understand the role of “linking objects”

“Tu me manques,” which means, “You are missing from me.”

— Author unknown

• Grieving grandparents are often comforted by physical objects associated with the child who died. It is not unusual to save favorite clothing, jewelry, toys, locks of hair, and other personal items.
• Such “linking objects” will help you remember your grandchild and honor the life that was lived. Such objects may help you heal.
• Never think that being attached to these objects is morbid or wrong. If someone tells you that you're crazy for displaying your grandson’s sweatshirt or not washing the pillowcase your granddaughter used the last time she slept over, ignore them. You’re not crazy; you’re simply holding onto what you have left.
• Never hurry into disposing of your grandchild’s belongings—and never force your child to do so, either. Your grandchildren’s parents may want to keep the child’s bedroom untouched for months or sometimes years. This, in turn, will help you move toward your healing.

carpe diem

When and only when your child is ready, offer to help sort through your grandchild’s belongings. Be sure to fill a memory box with significant objects and mementos.

“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.”

— A reader

The 100 Ideas Series

One friendly, skimmable tip per page!

This series of friendly, practical books offers compassionate 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. Many make just the right gift for just the right mourner!

All books in the 100 Ideas Series are $11.95 • softcover • 128 pages

HEALING YOUR GRIEVING HEART

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.


HEALING A SPOUSE’S GRIEVING HEART

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.


See also: When Your Soulmate Dies, page 12

HEALING THE ADULT CHILD’S GRIEVING HEART

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?

HEALING A PARENT’S GRIEVING HEART
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.

HEALING YOUR GRIEVING HEART
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

HEALING YOUR GRIEVING HEART JOURNAL FOR TEENS
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.
Designed just for grieving teens as a companion to Dr. Wolfelt’s bestselling Healing Your Grieving Heart for Teens, this journal will be a comforting, affirming, and healing presence for teens in the weeks, months, and years after the death of someone loved.

HEALING A TEEN’S GRIEVING HEART
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

AN EXCERPT FROM HEALING YOUR GRIEVING HEART
Reach out to others for help

- Perhaps the most compassionate thing you can do for yourself at this difficult time is to reach out for help from others. Mourning, by definition, means “shared social response to loss.” Don’t try to do this alone; it can’t be done!
- Think of it this way: Grieving may be the hardest work you have ever done. And hard work is less burdensome when others lend a hand. Life’s greatest challenges—getting through school, raising children, pursuing a career—are in many ways team efforts. So it should be with mourning.
- Sharing your pain with others won’t make it disappear, but it will, over time, make it more bearable. You may find it particularly helpful to talk to others who are grieving. From our common bond comes hope for our mutual healing.
- Reaching out for help also connects you to other people and strengthens the relationships that make life seem worth living again.

CARPE DIEM:
Call a close friend who may have distanced himself from you since the death and tell him how much you need him right now. Suggest specific ways he can help.
"Every family who leaves our children's hospital without a beloved child is given many grief resources and I can accurately say that they always receive at least one of these books. Dr. Wolfelt's writings are at the foundation of our grief program and for that we are eternally grateful."
- A reader

"I have been using this series of books with clients and they love it! I ask them to read a few pages at a time at home and we discuss in session. It’s been so helpful!"
- A reader

"This book has been so helpful to me. I really appreciate how truly practical it is, and how easy to read and apply to my life. Books on grief that are chapter after chapter often lose me quickly."
- A reader

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<th>Books for and About Children</th>
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<td>Some of the ideas teach about children's unique mourning styles and needs. Others suggest simple activities and &quot;companioning&quot; tips. A compassionate, easy-to-read resource for parents, aunts and uncles, grandparents, teachers, volunteers and professional caregivers.</td>
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| For young and middle readers (6- to 12-year-olds) grieving the death of someone loved, this text is simple and straightforward, teaching children about grief and affirming that their thoughts and feelings are not only normal but necessary. |

| 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. This book offers 100 practical ideas for friends, family members, and caregivers who want to help. |

| **Healing the Adult Sibling's Grieving Heart** | ISBN 978-1-879651-29-6 |
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| **Healing Your Grieving Heart After a Miscarriage** | ISBN 978-1-61722-218-4 |
| If you are grieving in the aftermath of a miscarriage or ectopic pregnancy, this compassionate book will help you heal. |

| **Healing Your Grieving Heart After Stillbirth** | ISBN 978-1-61722-175-0 |
| 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. |
HEALING YOUR GRIEVING HEART AFTER A CANCER DIAGNOSIS

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HEALING YOUR HOLIDAY GRIEF

HEALING YOUR GRIEVING HEART AFTER A CANCER DIAGNOSIS
ISBN 978-1-61722-203-0

HEALING A FRIEND OR LOVED ONE’S GRIEVING HEART AFTER A CANCER DIAGNOSIS
ISBN 978-1-61722-277-1

HEALING YOUR GRIEVING HEART WHEN SOMEONE YOU CARE ABOUT HAS ALZHEIMER’S

HEALING A GRANDPARENT’S GRIEVING HEART

HEALING YOUR GRIEVING HEART WHEN SOMEONE YOU CARE ABOUT HAS ALZHEIMER’S

HEALING A FRIEND OR LOVED ONE’S GRIEVING HEART AFTER A CANCER DIAGNOSIS
ISBN 978-1-61722-250-4

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HEALING GRIEF AT WORK

HEALING AFTER JOB LOSS

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Living with daily losses while staying present to the good

It’s challenging to live with chronic illnesses, and it’s challenging to care for those with chronic illnesses. These books recognize the daily hardships of coping with long-term conditions as well as acknowledging and mourning the many compromises and losses. At the same time, they encourage the reader to recognize and reap the gifts of each day.

DEMENTIA

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.

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

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A SUPPORT GROUP FOR PEOPLE LIVING WITH DEMENTIA: THE LEADER’S MANUAL

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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. 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.
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A Feelings Coloring Book
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.
22 pages • $2.00 • Bulk order discount • 25 copies $30.00

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These colorful wallet cards help kids diagnosed with diabetes understand their feelings and empower them to express themselves in healthy ways. The contemporary design and straightforward—but-not-condescending text also make them appropriate for those diagnosed with diabetes at any age. The cards are great for kids to carry and share with others.
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For and About Children and Teenagers

Young people need our understanding and help

When it comes to grief and loss, children and teenagers have unique developmental needs. They need honest, kind communication at their level of understanding. They need opportunities to talk, ask questions, and play out their feelings. And they need continual daily caregiving. Thank you for learning how to support the grieving young people in your life.

COLORING BOOKS

HOW I FEEL: A COLORING BOOK FOR GRIEVING CHILDREN
Dr. Wolfelt’s coloring book for kids ages 3-8 explores many of the feelings grieving children often experience. The expressive, easy-to-color drawings clearly depict disbelief, fear, anger, loneliness, happiness, sadness, and other normal grief feelings. And the simple text accompanying the drawings provides grieving children with words to describe their new, sometimes scary feelings.

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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 ages 3-8 will help them express their feelings about the pet’s death and learn about both the joy—and the pain—that come from caring for others, including our precious companion animals.

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HOW I FEEL: A COLORING BOOK FOR KIDS DURING AND AFTER DIVORCE
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

I HAVE DIABETES: A 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. 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.

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FINDING THE WORDS
With this compassionate book, you’ll have simple advice and suggested phrases at your fingertips when you need to explain death, funerals, and more to children. Honest but child-appropriate language is advocated, and different wording and levels of explanation are suggested for different ages.

ISBN 978-1-67722-189-7 • 144 pages softcover • $14.95

“This book, Finding the Words, is straightforward, useful, simple and just plain great. I can only thank Dr. Wolfelt for this book. It has truly helped me to help my son.”

- A reader
Creating Meaningful Funerals

A good start to healthy mourning

Meaningful funerals are personalized ceremonies rich in elements of ritual and participation by those who loved the person who died. They help families embark on a healthy path into the wilderness of grief.

The “WHY of the Funeral” Model

5 ITEMS IN 1 EFFECTIVE TRAINING PACKAGE

Funerals can and should be transformative, healing experiences, but many people today don’t understand the value of funerals. This simple but powerful package gives funeral arrangers the tools they need to educate today’s families.

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- Honoring, Remembering, Healing
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Meet the Williams family. Grandma Williams has died, and her children call Knight & Day Funeral Home to make arrangements. Courtesy of a Twilight Zone-esque space-time anomaly, the Williams family ends up concurrently planning and holding two funerals for Grandma—one arranged by funeral director Sam Standard and the other by funeral director Grace Gatekeeper. How will the two funerals turn out? Will the Williams family even be able to tell the difference? Find out in this riveting—and revealing—Tale of Two Funerals...

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

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An abbreviated version of Dr. Wolfelt’s landmark guide for funeral service will fit in your shirt pocket

ISBN 978-1-879651-49-4 • 96 pages • softcover 3.5” x 5.5” $6.95

“Dr. Wolfelt’s books on funerals for both families and caregivers are such valuable resources. They really helped me understand why we have funerals and how to make them meaningful. These books should be required reading for anyone involved in funeral service.”

- A reader

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.

ISBN 978-1-879651-38-8 • 96 pages • softcover • $12.95

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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.

ISBN 978-1-879651-20-3 • 82 pages • softcover • $12.95

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SAVE 20%

FUNERAL CEREMONIES WALLET CARDS
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Wallet cards (packet of 50) • $15.00

TO ORDER: Call (970) 226-6050 or visit centerforloss.com/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 griever 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.

ABOUT THE CENTER FOR LOSS
Founded in 1984 by Dr. Wolfelt, the Center for Loss and Life Transition helps mourners, by walking with them in their unique life journeys, and both professional and lay caregivers, by serving as an educational resource and professional forum.

ABOUT NICOLE DUGGAN
Nicole Duggan serves as Operations Manager at the Center for Loss. A Fort Collins native, she received her B.A. from Montana State University and is finishing up a Masters in Business Administration from Colorado State University. She manages the many details of Companion Press, coordinates Dr. Wolfelt’s speaking engagements, both virtual and in-person, as well as organizes the training component of the Center.

CENTER FOR LOSS TRAININGS
The Center for Loss is known for providing quality bereavement care training. Thousands of caregivers have participated in the past thirty years. If you want to learn practical ways to companion people in grief from Dr. Alan Wolfelt, one of North America's most respected bereavement educators and clinicians, these learning opportunities are for you.

Our trainings are held in Fort Collins, Colorado, and Scottsdale, Arizona, throughout the year. Please visit centerforloss.com and click on Trainings for a list of upcoming courses as well as dates, locations, and registration.

VISIT OUR WEBSITE
www.centerforloss.com
Our website, centerforloss.com, offers articles about grief, funerals, and helping others who are grieving. It also contains information about Dr. Wolfelt’s trainings and speaking schedule, and how to bring him to your community to give a presentation or keynote. While you’re on our site, be sure to visit the Bookstore and order your favorite resources from this catalog.
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