

List of Books Provided by Caregivers which may offer additional support.

Bush, A. D. (1997, August 1). *Transcending Loss*. National Geographic Books.

Didion, J. (2009) *The year of magical thinking*. (A memoir from an exceptional writer about the year following her husband's sudden death.)

Harris, R. (2022). *When life hits hard: How to transcend grief, crisis, and loss with acceptance and commitment therapy*. New Harbinger Publications.

Kortes-Miller, K. (2018) *Talking About Death Won't Kill You: The Essential Guide to End-of-Life Conversations*. ECW Press

Noel, B. & Blair, PD. (2000) *I Wasn't Ready to Say Goodbye: surviving, coping, and healing after the sudden death of a loved one*. Turtleback books.

O'Connor M-F. (2022) *The Grieving Brain*, Harper Collins. (A book on the neuroscience of grief, a unique perspective.)

Wolfelt, A. (2016). *When your soulmate dies: A guide to healing through heroic mourning*. Companion Press, an imprint of the Center for Loss and Life Transition.