BOOKS ON GRIEVING THE LOSS OF A LOVED ONE



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A Reading List for the Grieving. The piece was occasioned by my mother s death, on Christmas of 2008. consuming books obsessively in an attempt to better understand my experience.

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Silent Grief is a sensitive guide by a psychotherapist and a public television writer who lost his mother, brother and several family members to suicide. Through the survivor stories included in this book, we see the grief inherent to this type of loss.

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