

The Management Of Grief

A groundbreaking book exploring the little-known yet critical connections between anxiety and grief, with practical strategies for healing, following the renowned Kübler-Ross stages model If you're suffering from anxiety but not sure why, or if you're struggling with loss and looking for solace, Anxiety: The Missing Stage of Grief offers help -- and answers. Significant loss and unresolved grief are primary underpinnings of anxiety, something that grief expert Claire Bidwell Smith discovered in her own life and in her practice with her therapy clients. Now, using research and real life stories, Smith breaks down the physiology of anxiety, giving you a concrete foundation of understanding in order to help you heal. Starting with the basics of What Is Anxiety? and What Is Grief? and moving to concrete approaches such as Making Amends, Taking Charge, and Retraining Your Brain, Anxiety takes a big step beyond Elisabeth Kübler-Ross's widely accepted five stages to unpack everything from our age-old fears about mortality to the bare vulnerability a loss can make us feel. With concrete tools and coping strategies for panic attacks, getting a handle on anxious thoughts, and more, Smith guides these two emotions in a way that is deeply empathetic and eminently practical.

Seminar paper from the year 2007 in the subject American Studies - Literature, grade: 1.7, University of Osnabrück (Institut für Anglistik / Amerikanistik), course: Contemporary Asian American Literature: Themes, Topics, Concerns, 22 entries in the bibliography, language: English, abstract: "The inclusion of Indian American authors into the genre of Asian American literature is widely discussed and criticized. In my opinion as well as in the view of a great amount of other people, "Asian American literature" is not an ethically or nationally bound category of writing. Instead, it is a term which is used to refer to texts written by North American writers of Asian descent." This is the reason why I have chosen works by Bharati Mukherjee and Meera Nair for the following analysis. Both writers are born in India, both immigrated to the United States of America, both deal with 'the urgent negotiation and re-negotiation of the problematics of gendered, ethicised and nationalised identity.' However, either one of them reveals a different attitude towards their home country, uses a different language style and enjoys different success. (...)"

A National Book Critics Circle Award winner and New York Times Notable Book: "Intelligent, versatile . . . profound" stories of migration in America (The Washington Post Book World). Illuminating a new world of people in migration that has transformed the essence of America, these collected stories are a dazzling display of the vision of this critically-acclaimed contemporary writer. An aristocratic Filipina negotiates a new life for herself with an Atlanta investment banker. A Vietnam vet returns to Florida, a place now more foreign than the Asia of his war experience. An Indian widow tries

to explain her culture's traditions of grieving to her well-intentioned friends. And in the title story, an Iraqi Jew whose travels have ended in Queens suddenly finds himself an unwitting guerrilla in a South American jungle. Passionate, comic, violent, and tender, these stories draw us into a cultural fusion in the midst of its birth pangs, expressing a "consummated romance with the American language" (The New York Times Book Review).

This nicely illustrated reference for junior high and high school students offers 20-page profiles of 93 of the world's most influential writers of the twentieth century. Arranged alphabetically, each profile provides facts about the writer's life and works as well as a commentary on his or her significance, discussion of political and social events that occurred during his or her lifetime, a reader's guide to major works, and events, beliefs or traditions that inspired the writer's works.

The Sorrow and the Terror

Final Gifts

A Theoretical and Practical Approach

The Anatomy of Bereavement

Working with Loss and Grief

Addressing Grief and Loss in School

Dying for the Nation

Most students experience some form of loss in their lives, and the resulting grief can profoundly affect their academic performance, emotional stability, and social interactions. Serving both as a resource and workbook, this reader-friendly primer helps educators and school counselors understand and respond to the extraordinary challenges that children and adolescents may face when dealing with loss and grief. Featuring helpful charts, quotes, activities, case studies, reproducible handouts, and resources from national organizations, this sourcebook offers strategies to help students affected by divorce; death of a parent, relative, friend, or pet; violence; chronic illness; and more. The author examines grief experiences at different developmental levels and illustrates how to: Respond appropriately to expressions of grief that are unique to children and adolescents Help students handle emotions associated with loss Promote communication and facilitate effective interventions Determine when to refer a child to a specialist Respect cultural attitudes toward loss and grief This resource underscores the importance of understanding how children experience grief and loss and helps educators assist in ways that promote students' emotional health and recovery.

A guide for librarians and teachers offers annotations summarizing the themes, plots, and publication information for 450 popular short stories.

This book is designed to present a state-of-the-art approach to the assessment and management of bereavement-related psychopathology. Written by experts in the fi eld, it addresses the recent shift in the fi eld calling for greater recognition of bereavement-related psychopathology, as evidenced by the removal of bereavement from the exclusion criteria for major depressive disorder and the provisional inclusion of a bereavement disorder as a condition requiring further study in the DSM-5. Th is text introduces and reviews the theoretical background underlying bereavement-related psychopathology, addresses the issues faced by clinicians who assess bereaved individuals in diff erent contexts, and reviews the management of and varied treatment approaches for individuals with grief reactions. Clinical Handbook of Bereavement and Grief Reactions is a valuable resource for psychiatrists, psychologists, students, counselors, psychiatric nurses, social workers, and all medical professionals working with patients struggling with bereavement and grief reactions.

An alien civilization is forever changed by the incursion of human social scientists—and an ancient prophecy—in this award-winning novel. The year is 2132 when members of the Anthropologist’s Guild set down on the planet Henderson’s IV, or L’Lal’lor as it is known to the native population. Charged with the nonintrusive study of alien cultures, the crew discovers a society containing no love or laughter. It is, instead, centered around death—a world of asceticistic and common folk in which grieving is an art and the cornerstone of life. But the alien civilization stands on the brink of astonishing change, heralded by the discovery of Linni, the Gray Wanderer, a young woman from the countryside whose arrival has been foretold for centuries. And for Anthropologist First Class Aaron Spenser, L’Lal’lor is a place of destructive temptations, seducing him with its mysterious, sad beauty, and leading him into an unthinkable criminal act. Told from the shifting viewpoints of characters both alien and human, and through records of local lore and transcripts of court martial proceedings, Cards of Grief is a thoughtful, lyrical, and spellbinding tale of first contact. It is a true masterwork of world building from Jane Yolen, a premier crafter of speculative fiction and fantasy. This ebook features a personal history by Jane Yolen including rare images

from the author's personal collection, as well as a note from the author about the making of the book.

The Tiger's Daughter

Aspects of Grief

Grief Works

Thematic Guide to Popular Short Stories

The Phoenix Phenomenon

Don't Despair on Thursdays!

The Crafting of Grief

A study of the many aspects of bereavement and the grieving process. This text examines the importance of support networks, both family and professional and how society's attitudes affect the ability of the individual to cope.

In this groundbreaking new work, David Kessler—an expert on grief and the coauthor with Elisabeth Kübler-Ross of the iconic On Grief and Grieving—journeys beyond the classic five stages to discover a sixth stage: meaning. In 1969, Elisabeth Kübler Ross first identified the stages of dying in her transformative book On Death and Dying. Decades later, she and David Kessler wrote the classic On Grief and Grieving, introducing the stages of grief with the same transformative pragmatism and compassion. Now, based on hard-earned personal experiences, as well as knowledge and wisdom earned through decades of work with the grieving, Kessler introduces a critical sixth stage. Many people look for “closure” after a loss. Kessler argues that it’s finding meaning beyond the stages of grief most of us are familiar with—denial, anger, bargaining, depression, and acceptance—that can transform grief into a more peaceful and hopeful experience. In this book, Kessler gives readers a roadmap to remembering those who have died with more love than pain; he shows us how to move forward in a way that honors our loved ones. Kessler’s insight is both professional and intensely personal. His journey with grief began when, as a child, he witnessed a mass shooting at the same time his mother was dying. For most of his life, Kessler taught physicians, nurses, counselors, police, and first responders about end of life, trauma, and grief, as well as leading talks and retreats for those experiencing grief. Despite his knowledge, his life was upended by the sudden death of his twenty-one-year-old son. How does the grieving hand handle such a tragic loss? He knew he had to find a way through this unexpected, devastating loss, a way that would honor his son. That, ultimately, was the sixth state of grief—meaning. In Finding Meaning, Kessler shares the insights, collective wisdom, and powerful tools that will help those experiencing loss. Finding Meaning is a necessary addition to grief literature and a vital guide to healing from tremendous loss. This is an inspiring, deeply intelligent must-read for anyone looking to journey away from suffering, through loss, and towards meaning.

On June 23, 1985, a suitcase belonging to a Mr L. Singh exploded during baggage transfer at Narita Airport in Japan. The suitcase had arrived on a Canadian Pacific flight from Vancouver. Two baggage handlers were killed, four injured. Mr L. Singh had not boarded the CP flight. Fifty-five minutes later, 110 miles off the southwest coast of Ireland, a bomb exploded in the forward baggage hold of Air India Flight 182, bound for Bombay, from Toronto and Montreal. A Mr M. Singh had persuaded officials to accept his bag on a flight from Vancouver to transfer to Air India 182 in Toronto. He did not board the flight. The death toll of three hundred and twenty-nine stands as the worst at-sea air crash of all time.

First published in 1985. Routledge is an imprint of Taylor & Francis, an infirma company.

South Asian American Literature - Comparing Bharati Mukherjee's "The Management of Grief" and Meera Nair's "Video"

Clinical Handbook of Bereavement and Grief Reactions

Techniques of Grief Therapy

The Politics of Mourning

The Madness of Grief

Cross-disciplinary Perspectives

The authors have done their homework in reading and consulting with the prominent literature, especially regarding children. All this effort gives the book a solid background foundation and makes it readable, and well-usable, for both lay counsellors and professional providers, and for all of us who are engaged in the delicate and rewarding endeavor of Grief Therapy - Najl Abi-Hashem, Clinical & Cultural Psychologist, Berkeley, California Praise for the First Edition: "The book provides an absorbing and challenging journey through the possible process involved in bereavement work, and encourages one to think broadly about how one can approach a bereaved person... this was a book I enjoyed reading very much, and which I found both theoretically sound and practically helpful" - Bereavement Care (Cruse) Counselling for Grief and Bereavement, Second Edition is a bestselling, introductory guide for professionals who work with people experiencing bereavement through death and other forms of loss. Focusing on practical assessment and intervention strategies, Geraldine Humphrey and David Zimpfer guide readers through the essential theory and skills needed to work with clients in a way which sensitively facilitates the process of grief, initiates healing and promotes a sense of growth. Setting out the broad principles for practise, the authors go on to show how these can be applied in working with individuals, families and groups and in relation to specific issues including chronic and life-threatening illnesses, palliative care and complicated grief. Carefully chosen case examples illustrate the counselling process, while specific attention is paid throughout to ethical considerations and the possible need for referral. This fully revised and updated Second Edition features a new chapter on working with children and adolescents; both from the perspective of young people who are grieving losses and those who are receiving palliative care as patients. While focusing on the practical, the book provides a firm theoretical base by explaining key concepts such as attachment, grief and resilience. Geraldine M. Humphrey is Counsellor in the Department of Psychology at the North Canton Medical Foundation, specializing in death, illnesses, and non-death and grief. David G. Zimpfer is former Director of the Cancer Center of Ohio.

Born in Calcutta and schooled in Poughkeepsie, Madison, Manhattan, beautiful, luminous Tara leaves her American husband behind as she journeys back to India. But the Calcutta she finds on her return -- seething with strikes, riots, and unrest -- is vastly different from the place she remembers. In this taut, ironic tale of colliding cultures, Tara seeks to reconcile the old world -- that of her father, the redoubtable Bengal Tiger -- and the brash new one that is being so violently ushered in. In this, her first novel, Mukherjee as her subject the shock, uneasiness, and haphazard transformation that are part of the immigrant experience -- a theme she has masterfully woven into her subsequent novels, Wife and Jasmine, and into The Middleman and Other Stories, for which she won the National Book Critics Circle Award.

This is a book of hope and promise about bereavement therapy. The Phoenix Grievors, ordinary people whose attributes enable them to transform and transcend their own grief, are used as models of the self-actualization that can result in the aftermath of an unbearable loss. Based on the experiences of these exceptional grievors, bereavement therapist Joanne Jozefowski offers guidelines on how to avoid hazards, adapt with healthy coping mechanisms, and eliminate unnecessary suffering. She provides a developmental model of the process of grief: identifies the phases of impact, chaos, adaptation, equilibrium and transformation; and offers phase-specific recommendations for the bereaved and their therapists. A well-written and valuable resource for both grievors and the mental health professionals who help them, this book provides hope for transformational grief and the tools to forge that outcome.

The MiddlemanAnd Other StoriesOpen Road + Grove/Atlantic

Bereavement

Recovering Normal

Rising from the Ashes of Grief

Great World Writers

N/a Surviving the Tsunami of Grief

Companion to Literature

A Study Guide for Bharati Mukherjee's "Management of Grief"

This updated second edition of Working with Loss and Grief provides a model for practitioners working with those who are grieving a significant life loss. Making clear connections between theory and practice, the 'Range of Response to Loss' model provides a theoretical 'compass' for recognising the wide variability in reaction to loss and the 'Adult Attitude to Grief' scale is a tool for 'mapping' individual grief and its change over time, providing an individual grief profile. Together these offer a framework for practitioners to: -listen to stories of grief told by clients -identify common patterns in grief -recognize individual difference in grief response -make assessments -prompt therapeutic dialogue -guide therapeutic focus and -evaluate outcomes. This edition includes: a new chapter on 'The RRL Model and a Pluralistic Approach to Counselling'; two new case studies; additional content on vulnerability; new grief assessment tools and systems, and the latest research. Dr Linda Machin is Honorary Research Fellow at Keele University, having been a Lecturer in Social Work and Counselling at Keele. She established a counselling service for the bereaved in North Staffordshire and continues to work as a researcher and freelance trainer.

Shortly before her death in 2004, Elisabeth Kübler-Ross and David Kessler, her collaborator, completed the manuscript for this, her final book - a fitting completion to her work. Kübler-Ross's groundbreaking work On Death and Dying changed the way we think and talk about the end of life. Weaving together theory, inspiration, and practical advice, this book will profoundly influence the way we experience the process of grief.Available only in Nonfiction 4.

"Techniques of Grief Therapy is an indispensable guidebook to the most inventive and inspirational interventions in grief and bereavement counseling and therapy. Individually, each technique emphasizes creativity and practicality. As a whole, they capture the richness of practices in the field and the innovative approaches that clinicians in diverse settings have developed. In some cases over decades, to effectively address the needs of the bereaved. New professionals and seasoned clinicians will find dozens of ideas that are ready to implement and are packed with useful features, including:An intuitive, thematic organization that makes it easy to find the right technique for a particular situation Expert guidance on implementing each technique and tips on avoiding common pitfalls: Same old worksheets and activities for use in session and as homework assignments Illustrative case studies and transcripts"--

Seminar paper from the year 2007 in the subject American Studies - Literature, grade: 1.7, University of Osnabrück (Institut für Anglistik / Amerikanistik), course: Contemporary Asian American Literature: Themes, Topics, Concerns, 22 entries in the bibliography, language: English, abstract: "The inclusion of Indian American authors into the genre of Asian American literature is widely discussed and criticized. In my opinion as well as in the view of a great amount of other people, "Asian American literature" is not an ethically or nationally bound category of writing. Instead, it is a term which is used to refer to texts written by North American writers of Asian descent." This is the reason why I have chosen works by Bharati Mukherjee and Meera Nair for the following analysis. Both writers are born in India, both immigrated to the United States of America, both deal with 'the urgent negotiation and re-negotiation of the problematics of gendered, ethicised and nationalised identity.' However, either one of them reveals a different attitude towards their home country, uses a different language style and enjoys different success. (...)"

The Public and Private Management of Grief

A Handbook for the Caring Professions

The Children's Grief-Management Book

The Postmodern Short Story

Twentieth Century

The Materiality of Mourning

The Evolution and Psychology of Reactions to Loss

THE SUNDAY TIMES BESTSELLER 'Immensely moving and disarmingly witty' Nigella Lawson 'Such a moving, tough, funny, raw, honest read' Matt Haig 'Beautifully written, moving and gut-wrenching, but also at times very funny' Ian Rankin 'Captures brilliantly, beautifully, bravely the comedy as well as the tragedy of bereavement' The Times 'Will strike a chord with anyone who has grieved' Independent Whether it is pastoral care for the bereaved, discussions about the afterlife, or being called out to perform the last rites, death is part of the Reverend Richard Coles's life and work. But when his partner the Reverend

David Coles died, shortly before Christmas in 2019, much about death took Coles by surprise. For one thing, David's life at the early age of forty-three was unexpected. The man that so often assists others to examine life's moral questions now found himself in need of help. He began to look to others for guidance to steer him through his grief. The flock was leading the shepherd. Much about grief surprised him: the volume of 'sadmin' you have to do when someone dies, how much harder it is travelling for work alone, even the pain of typing a text message to your partner - then realising you are alone. The Reverend

Richard Coles's deeply personal account of life after grief will resonate, unforgettabley, with anyone who has lost a loved one.

This study is an interdisciplinary inquiry that combines an examination of multi-ethnic literature from a vast variety of cultural environments together with contemporary psychotherapy. We live in an age in which mass grief - both the direct experience of it through natural and man-made disasters and the vicarious viewing of it through the media - has become a major cultural phenomenon. Posttraumatic loss resulting from terrorism, a relatively new site for the shared activity of mourning, makes it pertinent to examine the lessons that fiction can teach us about bereavement therapy and loss resolution. Does one's gender, race, skin color, nationality, cultural upbringing, or religious background have any impact upon the manner in which people from varying cultural environments choose to mourn their loss and resolve grief? By using the comparative literary approach, the author has been able to throw light on the manner in which mainstream Western mourning practices and behavior have been influenced and altered by exposure to those of minorities. Similarly, the author has argued that an examination of multi-ethnic literature teaches us that there is a need for counselors to apply sensitivity and understanding to the dictates of the socio-cultural background of their minority patients as they recommend methods of therapeutic healing. Finally, the book recommends the employment of international short fiction in the bereavement clinic as a means by which patients might resolve loss and achieve healing.

This encyclopedia features an informative introduction that surveys the history of the short story in the United States, interprets the current literary landscape, and points to new and future trends. --from publisher description.

This is one of the most painful experiences that most of us will ever have to face in our lives. This book recognises that there is no single solution to the problems of bereavement but that an understanding of grief can help the bereaved to realise that they are not alone in their experience. Long recognised as the most authoritative work of its kind, this new edition has been revised and extended to take into account recent research findings on both sides of the Atlantic. Parkes and Prigerson include additional information about the different circumstances of bereavement including traumatic losses, disasters, and complicated grief, as well as providing details on how social, religious, and cultural influences determine how we grieve. Bereavement provides guidance on preparing for the loss of a loved one, and coping after they have gone. It also discusses how to identify the minority in whom bereavement may lead to impairment of physical and/or mental health and how to ensure they get the help they need. This classic text will continue to be of value to the bereaved themselves, as well as the professionals and friends who seek to help and understand them.

Facts on File Companion to the American Short Story

Finding the Meaning of Grief Through the Five Stages of Loss

Death, grief and bereavement in Second World War Britain

On Grief and Grieving

For the Bereaved and Those Wanting to Support Them

The Haunting Legacy of the Air India Tragedy

Love and Loss

This Nature of Grief is a provocative new study on the evolution of grief. Most literature on the topic regards grief either as a psychiatric disorder or illness to be cured. In contrast to this, John Archer shows that grief is a natural reaction to losses of many sorts, even to the death of a pet, and he proves this by bringing together material from evolutionary psychology, ethology and experimental psychology. This innovative new work will be required reading for developmental and clinical psychologists and all those in the caring professions.

In this moving and compassionate classic--now updated with new material from the authors--hospice nurses Maggie Callanan and Patricia Kelley share their intimate experiences with patients at the end of life, drawn from more than twenty years' experience tending the terminally ill. Through their stories we come to appreciate the near-miraculous ways in which the dying communicate their needs, reveal their feelings, and even choreograph their own final moments; we also discover the gifts-of wisdom, faith, and love--that the dying leave for the living to share. Filled with practical advice on responding to the requests of the dying and helping them prepare emotionally and spiritually for death, Final Gifts shows how we can help the dying person live fully to the very end.

Demonstrates how postmodernism has affected stylistic and thematic characteristics of the short story genre.

Examines, in simple text, how to deal with feelings of grief when people or pets die, or when friends move away.

A Revolutionary Approach to Understanding and Healing the Impact of Loss

The Nature of Grief

Grief Management in Cross-cultural Fiction

Constructing Aesthetic Responses to Loss

Stories of Life, Death and Surviving

Stages of Dying (sound Recording).

Counselling for Grief and Bereavement

Through a critical analysis of theory, policy and practice, The Public and Private Management of Grief looks at how 'recovery' is the prevailing discourse that measures and frames how people grieve, and considers what happens when people 'fail' to recover. Pearce draws on in-depth interviews with bereaved people and a range of bereavement professionals, to contemplate how 'failures' to recover are socially perceived and acted upon. Grounded in Foucauldian theory, this book problematises the notion of recovery, and instead argues for the acknowledgment of the experience of 'non-recovery,' highlighting how recovery is a socially and historically constructed notion linked to the individualised vision of health and happiness promoted by neo-liberal governmentality. This book will be of interest to students and scholars across sociology, anthropology, social work and psychology with a focus on death, dying and bereavement, grief studies, health and social care, as well as counsellors, clinical psychologists and social workers.

What is happening emotionally when we grieve for a loved one? Is there a 'right' way to grieve? What effect does grief have on how we see ourselves? The Psychology of Grief is a humane and intelligent account that highlights the wide range of responses we have to losing a loved one and explores how psychologists have sought to explain this experience. From Freud's pioneering psychoanalysis to discredited ideas that we must pass through 'stages' of grief, the book examines the social and cultural norms that frame or limit our understanding of the grieving process, as well as looking at the language we use to describe it. Everyone, at some point in their lives, experiences bereavement and The Psychology of Grief will help readers understand both their own and others' feelings of grief that accompany it.

Loving and grieving are two sides of the same coin: we cannot have one without risking the other. Only by understanding the nature and pattern of loving can we begin to understand the problems of grieving. Conversely, the loss of a loved person can teach us much about the nature of love. Love and Loss, the result of a lifetime's work, has important implications for the study of attachment and bereavement. In this volume, Colin Murray Parkes reports his innovative research that enables us to bring together knowledge of childhood attachments and problems of bereavement, resulting in a new way of thinking about love, bereavement and other losses. Areas covered include: patterns of attachment and grief loss of a parent, child or spouse in adult life social isolation and support. The book concludes by looking at disorders of attachment and considering bereavement in terms of its implications on love, loss, and change in a wider context. Illuminating the structure and focus of thinking

about love and loss, this book sheds light on a wide range of psychological issues. It will be essential reading for professionals working with bereavement, as well as graduate students of psychology, psychiatry, and sociology.

Many books on grief lay out a model to be followed, either for bereaved persons to live through or for professionals to practice, and usually follow some familiar prescriptions for what people should do to reach an accommodation with loss. The Crafting of Grief is different: it focuses on conversations that help people chart their own path through grief. Authors Hedtke and Winslade argue convincingly that therapists and counselors can support people more by helping them craft their own responses to bereavement rather than trying to squeeze experiences into a model. In the pages of this book, readers will learn how to develop lines of inquiry based on the concept of continuing bonds, and they'll discover ways to use these ideas to help the bereaved craft stories that remember loved ones' lives.

Anxiety: The Missing Stage of Grief

The Psychology of Grief

And Other Stories

A Guide for the Bereaved

Cards of Grief

King Lear

Days and Nights in Calcutta

This book looks at different ways of going through a loss of any kind. The author draws examples from her experience as a psychotherapist and counsellor and offers the readers the chance to learn about different ways of grieving, as well as make them see that they are not alone in their grief. The language is free of jargon and the book manages to tackle this difficult subject with the dignity it deserves. The author also offers practical information on the "symptoms" of people faced with loss, her view on the different cycles of grief as well as advice to people close to a grieving person.

Death in war matters. It matters to the individual, threatened with their own death, or the death of loved ones. It matters to groups and communities who have to find ways to manage death, to support the bereaved and to dispose of bodies amidst the confusion of conflict. It matters to the state, which has to find ways of coping with mass death that convey a sense of gratitude and respect for the sacrifice of both the victims of war, and those that mourn in their wake. This social and cultural history of Britain in the Second World War places death at the heart of our understanding of the British experience of conflict. Drawing on a range of material, Dying for the nation demonstrates just how much death matters in wartime and examines the experience, management and memory of death. The book will appeal to anyone with an interest in the social and cultural history of Britain in the Second World War.

A Sunday Times Top 10 Bestseller Death affects us all. Yet it is still the last taboo in our society, and grief is still profoundly misunderstood... In Grief Works we hear stories from those who have experienced great love and great loss - and survived. Stories that explain how grief unmasks our deepest fears, strips away our layers of protection and reveals our innermost selves. Julia Samuel, a grief psychotherapist, has spent twenty-five years working with the bereaved and understanding the full repercussions of loss. This deeply affecting book is full of psychological insights on how grief, if approached correctly, can heal us. Through elegant, moving stories, we learn how we can stop feeling awkward and uncertain about death, and not shy away from talking honestly with family and friends. This extraordinary book shows us how to live and learn from great loss.

Tangible remains play an important role in our relationships with the dead; they are pivotal to how we remember, mourn and grieve. The chapters in this volume analyse a diverse range of objects and their role in the processes of grief and mourning, with contributions by scholars in anthropology, history, fashion, thanatology, religious studies, archaeology, classics, sociology, and political science. The book brings together consideration of emotions, memory and material agency to inform a deeper understanding of the specific roles played by objects in funeral contexts across historical and contemporary societies.

When Kids Are Grieving

The Middleman

The Sixth Stage of Grief

