

Grief & End of Life

Tuesday, April 18 at 12:30 pm

Reading Suggestions

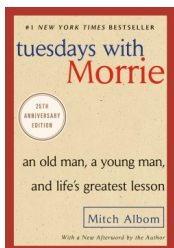
eBooks and eAudiobooks can be accessed through Libby by visiting: <https://lcls.overdrive.com/collection/1433205>.



Saturday Night Widows

by Becky Aikman

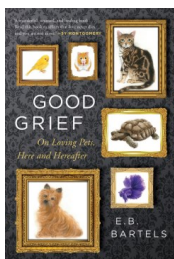
Describes the author's experiences as a young widow and the pivotal relationships she forged with five other widows, recounting the stories of their losses and bravery as exchanged throughout a year of monthly Saturday night meetings, during which the author met and fell in love with her current husband.



Tuesdays With Morrie

by Mitch Albom

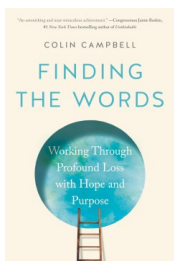
A sportswriter conveys the wisdom of his late mentor, college professor Morrie Schwartz, recounting their weekly conversations as Schwartz lay dying.



Good Grief

by E. B. Bartels

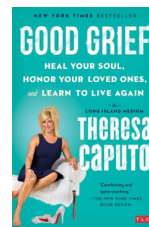
An unexpected, poignant, and personal account of loving and losing pets, exploring the singular bonds we have with our companion animals, and how to grieve them once they've passed.



Finding the Words

by Colin Campbell

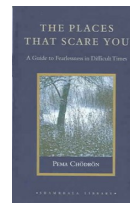
A father shares his journey through the unimaginable loss of two teenage sons who were killed by a drunk driver and offers an alternative path processing pain that truly honors loved ones lost.



Good Grief

by Theresa Caputo

The star of "Long Island Medium" shares inspiring, spirit-based lessons on how to work through and overcome grief, in a guide that also offers example testimonies about the experiences of her clients.



The Places That Scare You

by Pema Chödrön

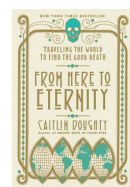
Offers advice on uncovering inner wisdom and opening one's heart while refusing to allow resentment and fear to block one's inner light.



The Year of Magical Thinking

by Joan Didion

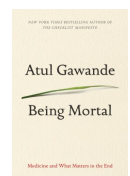
An autobiographical portrait of marriage and motherhood which details the critical illness of her daughter, followed by the fatal coronary of her husband, and her struggle to come to terms with life and death, illness, sanity, and grief.



From Here to Eternity

by Caitlin Doughty

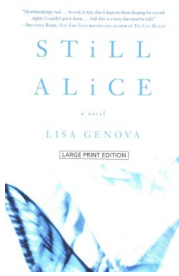
Describes death customs and rituals from around the world, how they compare to the impersonal American system, and how mourners respond best when they participate in caring for the deceased.



Being Mortal

by Atul Gawande

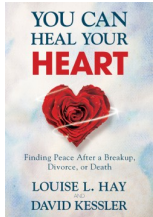
A prominent surgeon argues against modern medical practices that extend life at the expense of quality of life while isolating the dying, outlining suggestions for freer, more fulfilling approaches to death that enable more dignified & comfortable choices.



Still Alice

by Lisa Genova

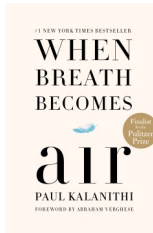
Feeling at the top of her game when she is suddenly diagnosed with early onset Alzheimer's disease, Harvard psychologist Alice Howland struggles to find meaning and purpose in her life as her concept of self gradually slips away.



You Can Heal Your Heart

by Louise L. Hay

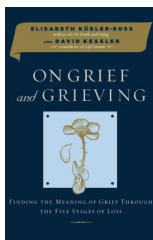
Counsels readers on overcoming the grief associated with death, divorce, or broken hearts, encouraging new thinking to inspire hope for the future.



When breath becomes air

by Paul Kalanithi

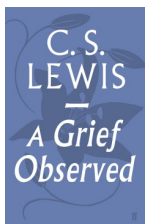
A young neurosurgeon describes how he explored the dynamics of his roles as a patient and care provider, and the philosophical conundrums about a meaningful life after receiving a terminal diagnosis with lung cancer.



On Grief and Grieving

by Elisabeth Kübler-Ross

Draws on theories from On Death and Dying about the five stages of dying to provide empathic counsel to grieving readers, in a spiritual guide that covers such topics as isolation, children, and healing.



A Grief Observed

by C. S. Lewis

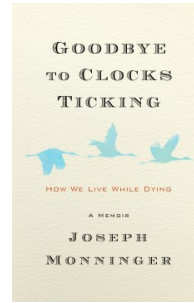
A Grief Observed comprises the reflections of the great scholar and Christian on the death of his wife after only a few short years of marriage.



It's OK That You're NOT OK

by Megan Devine

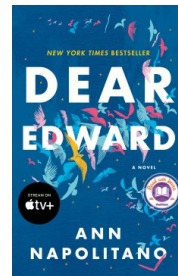
Offers a new approach to the experience of grief, arguing that building a life alongside grief is more beneficial in the long-term than seeking to overcome it.



Goodbye to Clocks Ticking

by Joseph Monninger

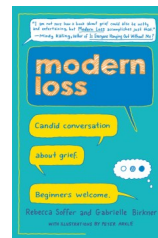
Three days after his last class, retired teacher Joe Monninger is diagnosed with lung cancer, then learned that he was a match for treatment which could prolong his life. He sets out to live life to the fullest and to write about the year of grace that follows, from his cancer treatments to his innermost thoughts.



Dear Edward

by Ann Napolitano

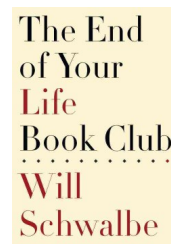
A 12-year-old lone survivor of a plane crash investigates the stories of his less-fortunate fellow passengers before making a profound discovery about his life purpose in the face of transcendent losses.



Modern Loss

by Rebecca Soffer

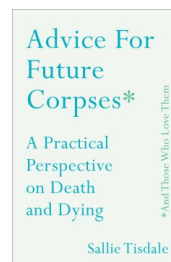
The founders of Modern Loss draw on personal experience and the insights of their numerous followers to share irreverent counsel on how to navigate grief and establish resilience in the age of social media.



End of Your Life Book Club

by Will Schwalbe

A journalist recounts how his mother and he read and discussed books during her chemotherapy treatments, describing how the activity involved a wide range of literary genres, furthered their appreciation for literature and strengthened their bond.



Advice for Future Corpses*, *and Those Who Love Them

by Sallie Tisdale

A guide to preparing for death for both those who are dying and those around them, offers readers practical advice, stories, and personal experiences.

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