

Recommended Reading for Grief/Trauma

Bearing the Unbearable: Love, loss, and the heartbreaking path of grief

Dr. Joanne Cacciatore

Grieving is Loving: Compassionate Words for Bearing the Unbearable

Dr. Joanne Cacciatore

When Bad Things Happen to Good People

Rabbi Harold Kushner

A Grief Observed

CS Lewis

Selah: A guide toward fully inhabited grief

Dr Joanne Cacciatore

Caravan of No Despair

Mirabai Starr

Trauma and Human Existence

Dr Robert Stolorow

Yoga for Grief and Loss

Karla Helbert, LPC

The Wild Edge of Sorrow

Francis Weller

Dear Cheyenne

Dr Joanne Cacciatore

Entering the Healing Ground

Francis Weller

In the Realm of Hungry Ghosts (trauma/substance abuse/grief)

Dr Gabor Mate

On Death and Dying

Dr Elisabeth Kubler-Ross

Understanding Your Grief

Alan Wolfelt

Grief is a Journey: Finding your way through loss

Dr. Kenneth Doka

The Body Bears the Burden

Dr Robert Scaer

Consolations (poetry)

David Whyte

Wild Comfort: The solace of nature

Kathleen Dean Moore

A Grace Disguised: How the soul grows through loss

Jerry Sitzer