



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

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Book List - Grief

Note: some books may not be currently in print

- ***A Reckoning: A Novel.*** May Sarton. W.W. Norton and Co., 1997.
- ***Answers to a Child's Questions about Death.*** Drinkwine Mortuary. Guideline Publications.
- ***Beyond Sorrow.*** Herv and Mary Montgomery. Winston Press.
- ***By Death or Divorce... It Hurts to Lose.*** Amy Ross Young. Accent Publications.
- ***Empty Cradle, Broken Heart: Surviving the Death of You Baby.*** Deborah I. Davis, Ph.D. Fulcrum Publishing, Golden CO. 1996.
- ***Facing Death, Finding Love: The Healing Power of Grief and Loss in One Family's Life.*** Church, Dawson. Asian Publishing (available from APG Books, 1501 County Hospital Rd., Nashville, TN 37218, 800-327-5113, www.apgbooks.com).
- ***Forever Remembered: A Gift for the Grieving Heart.*** Zadra, Dan. Compendium, Inc. (available from APG Books, 1501 County Hospital Rd., Nashville, TN 37218, 800-327-5113, www.apgbooks.com).
- ***Good Grief.*** Granger E. Westberg. Fortress Press, 1962.
- ***Hope for the Flowers.*** Trina Paulus. Paulist Press, 1972.
- ***How to Survive the Loss of a Love: A different kind of guide to overcoming all your emotional hurts.*** Colgrove, Melba, Ph.D.; Bloomfield, Harold H., M.D.; & McWilliams, Peter. (need to find publisher and date of publication)
- ***I Don't Know How to Help Them: A Book for Friends and Families of Bereaved Parents.*** Linda Maurer. L.K. Maurer, 1996.
- ***Letting Go with Love: The Grieving Process.*** Nancy O'Connor, PhD. La Mariposa Press, 1985.
- ***Life after Life.*** Raymond Moody, Jr., M.D. Bantam Books, 1988.
- ***May I Hate God?*** Pierre Wolff. Paulist Press, 1979.
- ***No Better Time... A Guide to Responsible Planning.*** Kauai Evangelical Association Printing Services.
- ***On Being Alone.*** James A. Peterson. AARP, Publishers.
- ***Ordinary People.*** Judith Guest. Viking Penguin, 1982.
- ***Standing Beside You: A Book for Bereaved Parents.*** Linda Maurer. L.K. Maurer, 1996.
- ***Sudden Infant Death: Enduring the Loss.*** John DeFrain, Linda Ernst, Deanne Jakub and Jacque Taylor. Josse-Bass, no date.
- ***Sunflower: On the Possibilities and Limits of Forgiveness.*** Simon Wiesenthal. Schocken Books, 1997.
- ***Understanding Death and Dying: An Interdisciplinary Approach.*** Sandra Galdieri and Marilyn Sutton. Mayfield Publishing.
- ***Victory Over Death.*** Ronda Chervin. St. Bede's Publications, 1985.
- ***Widowed.*** Dr. Joyce Brothers. Ballantine, Fourth Printing 1993, ISBN 0-345-37400-2.



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Movies:

- ***Defending Your Life***. Starring: Albert Brooks, Michael Durrell, Meryl Streep. 1991. Rated PG.
- ***Fluke***. Starring: Samuel L. Jackson, Matthew Modine. 1995. Rated PG.
- ***Heaven Can Wait***. Starring: Warren Beatty, Julie Christie. 1978. Rated PG.
- ***Ordinary People***. Starring: Donald Sutherland, Mary Tyler Moore, Timothy Hutton. 1980. Rated R.
- ***To Dance with the White Dog***. Starring: Hume Cronyn, Jessica Tandy. 1993. Rated PG.
- ***What Dreams May Come***. Starring: Robin Williams, Cuba Gooding, Jr. 1998. Rated PG-13.

A few other [movies](#) that are thought provoking but nurturing to someone experiencing grief could include: [Taking Chance](#), [Five People You Meet in Heaven](#), [P.S. I Love You](#), [Dead Poets Society](#), [Collateral Beauty](#), [The Bucket List](#), and of course [Steel Magnolias](#).

Some that are more accessible by younger viewers might include: [Big Hero 6](#), [Up](#), [Inside Out](#), [Coco](#), [Onward](#), [Soul](#) (that's a lot of Pixar films, but if you can only watch one make it Soul), [The Lion King \(1994\)](#), [The Secret Life of Bees](#), and [Hachi: A Dog's Tale](#). While these may help [younger viewers connect with their feelings](#) more healthfully, it should be noted that none of these will leave an adult without tears - in the best way.