

Recommended Reading for Grief/Trauma

Bearing the Unbearable: Love, loss, and the heartbreaking path of grief
Dr Joanne Cacciatore (preorder on Amazon December 2016)

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

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 Sitsler