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 Sitser