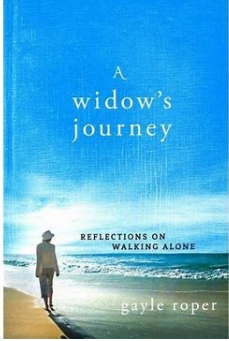
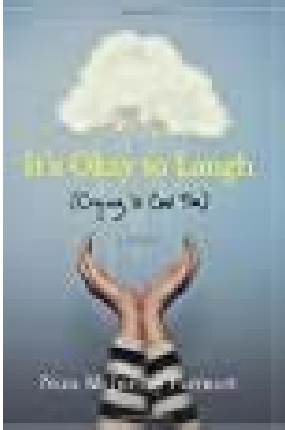
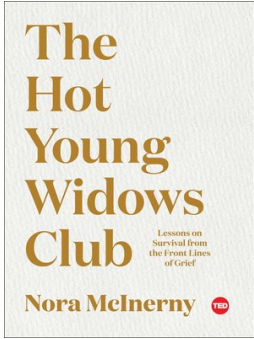
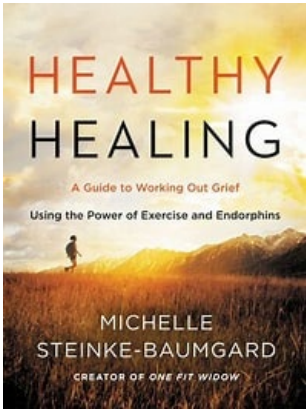
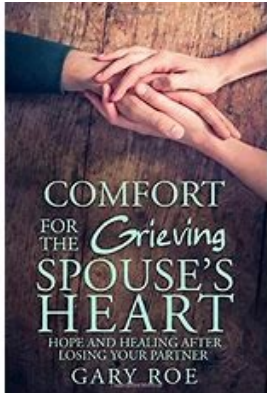
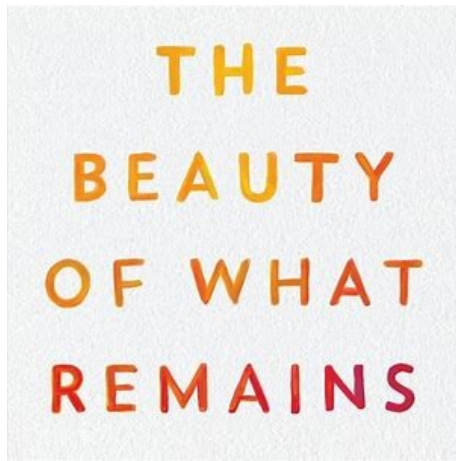


Books of Grief Recommended by H.O.P.E. Leaders and Members

| Name of Book | Author | Comments |
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| <p>A Widow's Journey: Reflections on Walking Alone</p>  | <p>Gayle Roper</p> | <p>Have you recently lost your husband? Are there days when you feel so terribly alone – and no one else can possibly understand? Author Gayle Roper understands as she was a recent widow herself when this was written (</p> |
| <p>It's Okay to laugh (Crying is Cool Too)</p>  | <p>Nora McInery Purmort</p> <p>This book and the next two helped a H.O.P.E. leader a lot and also inspired a bit of laughter.</p> | <p>In this deeply felt and deeply funny memoir, Nora gives her readers a true gift—permission to struggle, permission to laugh, permission to tell the truth and know that everything will be okay. <i>It's Okay to Laugh</i> is a love letter to life, in all its messy glory; it reads like a conversation with a close friend and leaves a trail of glitter in its wake.</p> |
| <p>No Happy Endings: A Memoir</p>  | <p>Nora McInery</p> | <p><i>No Happy Endings</i> is a book for people living life after life has fallen apart. While she loves her life now, she still loves the husband she lost. Nora shows us in these pages that there may be no happy endings—but there can be new beginnings</p> |

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| <p>The Hot Young Widows Club: Lessons on Survival from the Front Lines of Grief</p>  | <p>Nora McInerny</p> | <p>Based on her own experiences, Nora offers wise, heartfelt, and often humorous advice to anyone navigating a painful period in their lives. Full of practical guidance, Nora also reminds us that it's still okay to laugh, despite your deep grief.</p> |
| <p>Healthy Healing: A Guide to Working Out Grief Using the Power of Exercise and Endorphins</p>  | <p>Michelle Steinke-Baumgard</p> <p>Michelle also has a Facebook Page – One Fit Widow</p> <p>Our leader followed her during her own grief journey and found her to be very helpful</p> | <p><i>Healthy Healing</i> addresses the physical, mental, and emotional effects of grief in a way that no other book in the category has ever done, offering plan that empowers you to work through loss by using the power of exercise and endorphins, and rediscovering happiness by strengthening body, mind, and spirit through fitness.</p> |
| <p>Comfort for the Grieving Spouse's Heart: Hope and Healing after Losing Your Partner</p>  | <p>Gary Roe</p> | <p>The loss of a spouse changes everything. Our hearts are broken. Our souls shake. We need good companions for this journey - who meet us in our grief and walk with us through this painful valley. This book can be such a companion. Be kind to yourself.</p> |

The Beauty of What Remains: How our Greatest Fear Becomes our Greatest Gift



Steve Leder


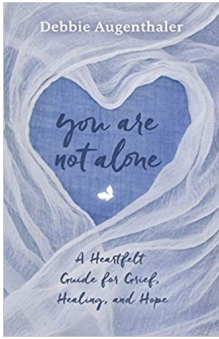
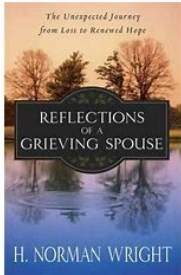
As the senior rabbi of one of the largest synagogues in the world, Steve Leder has learned over and over again the many ways death teaches us how to live and love more deeply by showing us not only what is gone but also the beauty of what remains.

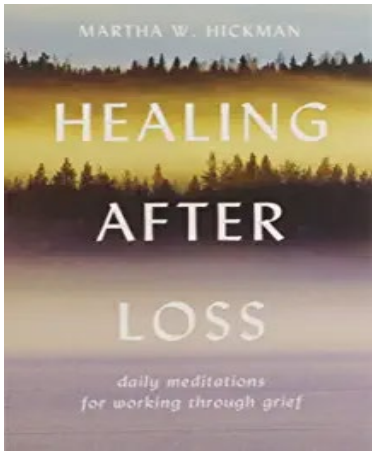
Live Your Life: My Story of Loving and Losing Nick Cordero

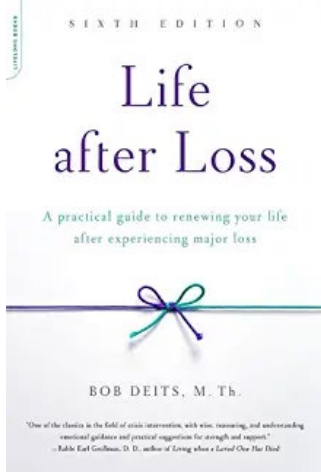
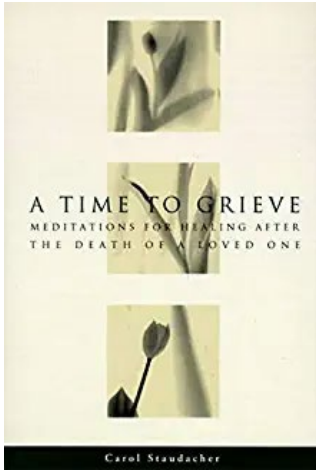
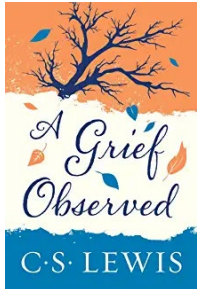


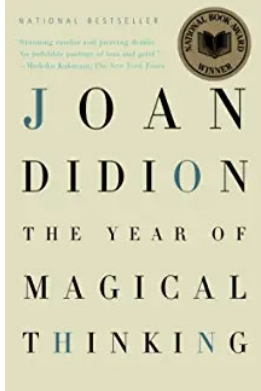
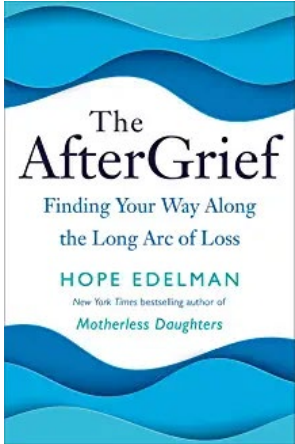
Amanda Kloots (**Broadway's Nick Cordero's wife**). She posts many helpful video comments on Instagram and even though she is famous, and on the daytime talk show that Sharon Osbourne (Ozzy's wife) recently quit, she still will reply to folks who follow her. She has replied to one of our HOPE members several times.

Amanda Kloots bravely reflects on love, loss, and life with her husband, Broadway star, and Tony Award nominee Nick Cordero, whose public battle with COVID-19 and tragic death made headlines around the world. A poignant reflection on love, hope, motherhood, and the transformational power of music, *Live Your Life* is a love letter to Nick and a reminder that, sometimes, celebrating life today is the only path through tomorrow's darkness.

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| <p style="text-align: center;">Second Firsts</p>  | <p style="text-align: center;">Christina Rasmussen</p> | <p>Being a therapist and crisis intervention counselor, the author thought she understood grief. But it wasn't until losing her husband to cancer in her early 30s that she truly grasped the depths of sorrow and pain that accompany loss.. She realized that grief plunges you into a gap between worlds—the world before loss and the world after loss. In <i>Second Firsts</i>, Rasmussen walks you through her Life Reentry process to help you break grief's spiral of pain, so you can stop simply surviving and begin to live again.</p> |
| <p style="text-align: center;">You are not Alone: A Heartfelt Guide to Grief, Healing and Health</p>  | <p style="text-align: center;">Debbie Augenthaler</p> | <p>You Are Not Alone takes you from when Debbie's husband dies unexpectedly in her arms.. You Are Not Alone will gently guide you from grief, to healing, to hope and transformation.</p> |
| <p style="text-align: center;">Reflections of a Grieving Spouse</p>  | <p style="text-align: center;">H Norman Wright</p> | <p>When the author's beloved wife, Joyce, passed away, he grieved the loss of his partner and the life they shared. This tender and inspirational book will help anyone who is grieving.</p> |

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| <p style="text-align: center;">Healing after Loss</p>  | <p style="text-align: center;">Martha Whitmore Hickman</p> | <p>For those who have suffered the loss of a loved one, here are thoughtful words to strengthen, inspire and comfort. This book offers daily meditations for working through grief</p> |
| <p style="text-align: center;">Widow to Widow</p>  | <p style="text-align: center;">Genevieve Davis Ginsburg</p> | <p>In this useful guide, the author offers fellow widows sage advice for coping with the loss of a husband. From learning to travel and eat alone to creating new routines to surviving the holidays and anniversaries that reopen emotional wounds, Ginsburg give guidance on many situations. The book walks readers through the challenges of widowhood and encourages them on their path to building a new life.</p> |
| <p style="text-align: center;">Healing a Spouses' Grieving Heart</p>  | <p style="text-align: center;">Alan D. Wolfelt</p> | <p>Offers 100 practical, suggestions for helping widowers or widows mourn well so they can go on to live well and love well again. Whether your spouse died recently or long ago, you will find comfort and healing in this book.</p> |

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| <p style="text-align: center;">Life After Loss</p>  <p style="text-align: center;">SIXTH EDITION</p> <p style="text-align: center;">Life after Loss</p> <p style="text-align: center;">A practical guide to renewing your life after experiencing major loss</p> <p style="text-align: center;">BOB DEITS, M. Th.</p> <p style="text-align: center;"><small>"One of the classics in the field of crisis intervention, with wise, reassuring, and understanding practical guidance and practical responses for strength and support." —Rabbi Earl Grollman, D. D., author of <i>Living when a Loved One Has Died</i></small></p> | <p style="text-align: center;">Bob Deits</p> | <p><i>Life after Loss</i> is the go-to resource for anyone who has suffered a significant life change. Loss can be overwhelming, and recovery often seems daunting, if not impossible. With great compassion and insight, Deits provides practical exercises for navigating the uncertain terrain of loss and grief, helping readers find positive ways to put together a life that is necessarily different, but equally meaningful.</p> |
| <p style="text-align: center;">A Time to Grieve</p>  <p style="text-align: center;">A TIME TO GRIEVE MEDITATIONS FOR HEALING AFTER THE DEATH OF A LOVED ONE</p> <p style="text-align: center;">Carol Staudacher</p> | <p style="text-align: center;">Carol Staudacher</p> | <p>A collection of truly comforting, down-to-earth thoughts and meditations -- including the authentic voices of survivors -- for anyone grieving the loss of a loved one.</p> |
| <p style="text-align: center;">A Grief Observed</p>  <p style="text-align: center;">A Grief Observed</p> <p style="text-align: center;">C.S. LEWIS</p> | <p style="text-align: center;">C..S. Lewis</p> | <p>This is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss. Written after his wife's tragic death as a way of surviving the "mad midnight moments . s.</p> |

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| <p>A Year of Magical Thinking</p>  | <p>Joan Didion</p> | <p>From one of America's iconic writers, a stunning book of electric honesty and passion that explores an intensely personal yet universal experience: a portrait of a marriage—and a life, in good times and bad—that will speak to anyone who has ever loved a husband or wife or child.</p> |
| <p>The After Grief</p>  | <p>Hope Edelman</p> | <p>A validating new approach to the long-term grieving process that explains why we feel “stuck,” why that’s normal, and how shifting our perception of grief can help us grow—from the <i>New York Times</i> bestselling author of <i>Motherless Daughters</i></p> |

All of the above books can be purchased at Amazon.com and at BarnesandNoble.com. Since some of the books were published years ago, they may not be found in brick-and-mortar stores, but the store can order it for you.

Most are available in multiple formats (Paperback, Hard cover, Kindle, etc.) Used books are available at discounted rates.