

Helpful Reading

- *Ageless Soul: The Lifelong Journey Toward Meaning and Joy*, Thomas Moore
- *Anam Cara: A Book of Celtic Wisdom*, John O'Donohue
- *Autumn*, Ali Smith
- *Beauty: The Invisible Embrace*, John O'Donohue
- *The Beauty of What Remains: How Our Greatest Fear Becomes Our Greatest Gift*, Steve Leder
- *A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death*, BJ Miller and Shoshana Berger
- *Being Mortal: Medicine and What Matters in the End*, Atul Gawande
- *Ceremony*, Leslie Marmon Silko
- *Dark Nights of the Soul: A Guide to Finding Your Way Through Life's Ordeals*, Thomas Moore
- *Good Grief: Healing Through the Shadow of Loss*, Deborah Morris Coryell
- *Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss*, Sameet M. Kumar
- *Heartwood: The Art of Living with the End in Mind*, Barbara Becker
- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*, Megan Devine
- *Keeping An Eye Open: Essays on Art*, Julian Barnes
- *Leaves of Grass*, Walt Whitman
- *The Orphaned Adult: Understanding and Coping with Grief and Change After the Death of Our Parents*, Alexander Levy

- *The Overstory*, Richard Powers
- *The Soul in Grief: Love, Death and Transformation*, Robert Romanyshyn
- *Unsheltered*, Barbara Kingsolver
- *A Voice of Her Own: Women and the Journal Writing Journey*, Marlene Schiwy
- *When Things Fall Apart: Heart Advice for Difficult Times*, Pema Chodrin
- *Where the Dead Pause and the Japanese Say Goodbye*, Marie Mutsuki
- *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief*, Francis Weller
- *Wintering: The Power of Rest and Retreat in Difficult Times*, Katherine May