

SUGGESTED READINGS ON LOSS, GRIEF, AND BEREAVEMENT

LOSING A SPOUSE/PARTNER: PERSONAL EXPERIENCES

C.S. Lewis *A Grief Observed*. Faber and Faber, 1961

Extremely candid, the book details the anger and bewilderment that Lewis felt towards God after his wife's death as well as his impressions of life without her. The period of his bereavement was marked by a process of moving in and out of various stages of grief and remembrance, and it becomes obvious that it heavily influenced his spirituality. In fact, Lewis ultimately comes to a revolutionary redefinition of his own characterization of God: experiencing gratitude for having received and experienced the gift of a true love.

Joan Didion, *The Year of Magical Thinking*. Vintage, 2005.

A candid account of the trauma and confusion and chaos Didion encountered after her husband of 40 years died and how she came to terms with her loss. She makes it clear that there's no user's guide, no one way, to dealing with grief. The book won the National Book Award and was nominated for the Pulitzer Prize.

Elizabeth Alexander, *The Light of the World: A Memoir*. Grand Central Publishing, 2015.

Alexander reflects on the beauty of her married life, the heartbreak resulting from her husband's sudden death, and the solace found in caring for her two sons. She recounts her search for meaning in the wake of loss and discovers that grieving is a sign of love and hope.

Kay Redfield Jamison, *Nothing Was the Same*. Alfred A. Knopf, 2009

Jamison, who wrote "An Unquiet Mind" in the 1990s about her experience with clinical depression, recounts in this book about caring, then mourning for her husband who died of cancer. As one reader noted, grief is given to all, depression only to those who are cursed with it. Jamison shows us that mourning leads us back to life.

GRIEF & BEREAVEMENT: GENERAL

Pryce, Elaine. *Grief, Forgiveness, and Redemption as a Way of Transformation*. Pendle Hill Pamphlet 416, 2012

The traumatic loss of a loved one is among the most devastating hurdles that life can throw in a person's path. Drawing from her own experience, as well as from art, literature, and traditional wisdom, Elaine Pryce explores the spiritual aspects of grief, recovery from grief, forgiveness, and the blessings of acceptance.

Russell, Hannah. *A Death Chosen, A Life Given*. Pendle Hill Pamphlet 432, 2015) (***BFM Library***)

The author offers insights following the suicide of a loved one.

Weller, Francis. ***Entering the Healing Ground: Grief, Ritual and the Soul of the World.***
Wisdom Bridge Press. 2012.

Weller brings together diverse streams of thought from psychology, anthropology, mythology, indigenous cultures, and poetic traditions to present the healing work of ritual in working with grief and reclaiming what he calls the indigenous soul, similar to what psychologist Carl Jung called the "unforgotten wisdom" that resides in the heart of the psyche.