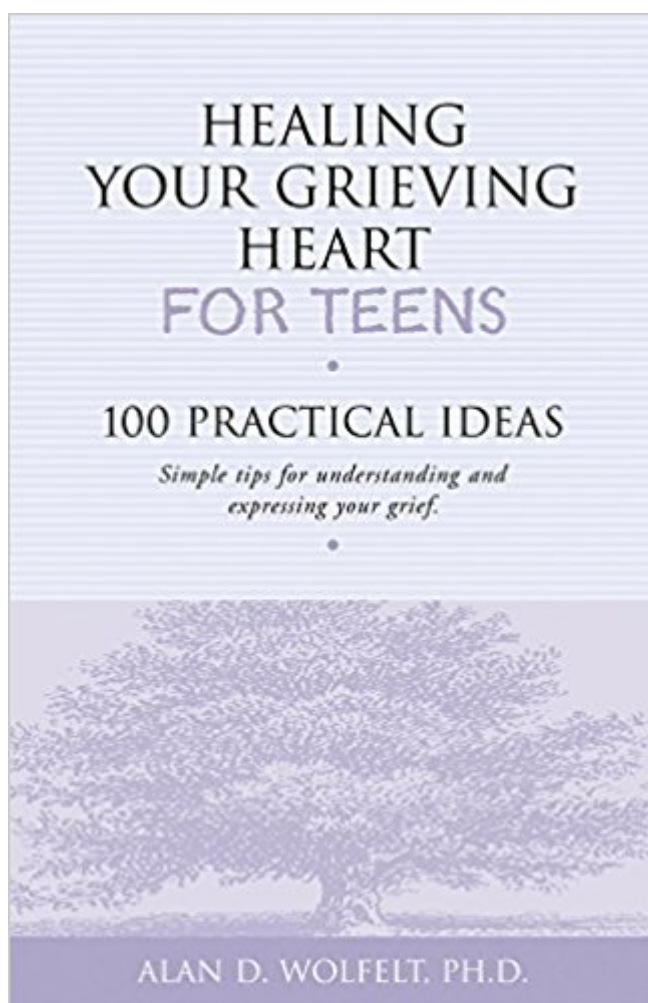


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# Healing Your Grieving Heart For Teens: 100 Practical Ideas (Healing Your Grieving Heart Series)



## Synopsis

With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. Each book, geared for mourning adults, teens, or children, provides ideas and action-oriented tips that teach the basic principles of grief and healing. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that the living can begin their lives again. Included in the books for teens and kids are age-appropriate activities that teach younger people that their thoughts are not only normal but necessary.

## Book Information

Series: Healing Your Grieving Heart series

Paperback: 128 pages

Publisher: Companion Press; 1 edition (April 1, 2001)

Language: English

ISBN-10: 1879651238

ISBN-13: 978-1879651234

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 57 customer reviews

Best Sellers Rank: #36,817 in Books (See Top 100 in Books) #1 in [Books > Teens > Social](#)

[Issues > Death](#) #51 in [Books > Children's Books > Growing Up & Facts of Life > Difficult](#)

[Discussions > Death & Dying](#) #68 in [Books > Politics & Social Sciences > Sociology > Death](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

Gr 7 Up-A book that is written in clear, user-friendly prose. Each page presents a different idea designed to help teens recognize mourning as a natural process connected with loss, reassuring them that they should not be afraid of deep, sometimes uncontrollable emotions, and showing them how to release grief in healthy, positive ways. Several suggestions appear under each heading; many of them encourage readers to express their feelings in a journal. The book has a comfortable tone to it, without taking away from the very definite need to deal with grief. It seems to work with,

rather than talk at teens as they tackle the problem/solution process. A good first step toward admitting the need for and getting help. Kim Harris, Newman Riga Library, Churchville, NY Copyright 2001 Cahners Business Information, Inc.

Gr. 6-12. When teenagers lose loved ones, they often feel confusion as well as heartache. Wolfelt, whose decades of experience in grief work with teens informs his ideas, offers 100 ways to facilitate grieving and come to terms with loss. Although the instinctual desire may be to push intense feelings away, Wolfelt encourages teens to attend the funeral, visit the gravesite, and even to seek out smells that call the loved one to mind. He also counsels teens to avoid "techno-escape," using television and the Web to keep from feeling the pain. For periodic perusal more than a straight read-through, this book offers practical and constructive tasks that will bring teens into contact with their feelings. A unique approach to an important subject, this will be a good companion to Earl Grollman's *Straight Talk about Death for Teenagers* (1993). John Green Copyright © American Library Association. All rights reserved

A nice, easy to read guide to the grief process and includes many straightforward things to do to help process and work through grief. The set up of the book (as you can see from the preview) is a one page brief overview of a topic related to grief, and at the bottom of the page there is a strategy, such as a prompt for journal writing, a quote to reflect on, an activity to do, or urging the reader to reach out to a trusted friend to talk. It is a simple book and not bogged down with complicated language or unrealistic tips for coping with grief. It almost seemed like common sense ideas organized in brief little bits (1 page topics) that would be great for someone coping with grief; it was freeing to be able to read one page or a few pages based on how I felt, rather than the feeling I got from other books where I felt overwhelmed into reading a full chapter. This book is not all that deep, though, and would be really good in conjunction with talking with a therapist or group counseling to maximize benefit.

I have seen this man twice in person at a lecture and he is remarkable.....any of his books are well worth reading and go right to the heart....If you are grieving over a loved one gone, these books might be of comfort...thanks

"Healing Your Grieving Heart" has been a good companion for me at this time of losing my mother. Following several of the suggestions have been helpful when sometimes I have felt no help was

possible. Even the suggestions I didn't actively use were good to read and slowly take in. Wolfelt, has honestly and deeply, not only explored, but felt his subject matter. I never knew grief could be like this. Thank God for this book and others by this caring person.

I bought this book for one of my students who lost his mother in a car accident. He absolutely loves it and that is worth its weight in gold.

Easy to read. Right to the point. We lost my ex husband to a overdose and my son has been pushing the reality of it away and this book is like a road map for healing.

In this easy to read little book Dr Wolfelt, an incredibly empathic thanatologist, gives us down to earth ideas on how to survive the grieving process. Through these practical suggestions we are helped to move beyond silent grief to mourning - an essential element if we are to transcend our grief and become whole again. Open to any page and begin the self compassionate process of surviving and taking tiny steps toward living and loving again with our loved one in a secure and special but different place in our lives.

I recently lost my spouse, and this small book was just what I needed. Some of the ideas will not apply to everyone, but at least a few of them are sure to exactly fit your own needs. I put some into action and felt better for doing so. If you are grieving a loss, I would recommend reading this book.

I gave this book to my 14 year old daughter after she lost her older sister just 3 months ago in a tragic car accident. Thank you Alan for writing books that help the healing process after the death of a loved one!

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