

GRIEF DIARIES

AWARD-WINNING ANTHOLOGY

SURVIVING LOSS OF A CHILD



Surviving The Death Of A Child

Judy Strong



Surviving The Death Of A Child:

Surviving the Loss of a Child Elizabeth B. Brown, 2010-03 Revised and updated this tender book offers encouragement and hope to those who may think they will never be able to get on with life after losing a child *Surviving the Death of a Child* John S. Munday, Frances Wohlenhaus-Munday, 1995 *Surviving the Death of a Child* Shirley Heninger, 2010-07

When a Child Dies Claire Aagaard, Parents who suffer the death of a child are overwhelmed often immobilized by the depth and scope of their grief *When a Child Dies* is written in a simple straightforward manner offering information comfort and hope for those who believe that none is possible Claire Aagaard has written this book from a unique perspective that of a professional grief counselor and as a parent with her own history of child loss It is an honest yet gentle guide offering the wisdom from her own personal journey as well as that of countless others *A Child's Grief* Judy Strong, 2009-12 Provides insight on ways to help children and adults understand the impact of the death of a parent and feelings of loss *How to Survive the Loss of a Child* Catherine Sanders, 2011-08-17 Thank you Catherine Sanders for giving us a book that few others could have written Every page speaks both the depth of your compassion and the breadth of your knowledge This book will be a wise companion on the difficult journey from loss to recovery Robert Kastenbaum Ph D author of *The Psychology of Death* *How to Survive the Loss of a Child* is a godsend to those in the field as well as to those of us in need of such a resource for our own mourning Eugene Knott Ph D University of Rhode Island Dr Sanders insights are profound and poignant Patricia Geiger M D pediatrician Boone North Carolina Thank you so much for all that you do for bereaved parents but especially for writing *How to Survive the Loss of a Child* I know that it has changed lives It changed mine Nancy Ulmer bereaved parent Kindermourn Charlotte North Carolina It is only through experiencing grief that bereaved parents ultimately heal Moving through the phases of grief the bereaved person works toward restoration Understanding these phases knowing what to expect and learning what they can do to help themselves give parents greater assurance and comfort In *How to Survive the Loss of a Child* Dr Sanders a bereaved parent herself offers grieving parents practical help and emotional support This book also helps family members friends and caregivers relate to grieving parents and aids them too in understanding the process of healing through grief **A Time for Healing** Joyce Brahier, 1996 **Surviving the Unthinkable** Janice Bell Meisenhelder, 2017-01-21 Few people understand the grief that comes with losing a child unless they have weathered that situation themselves Dr Janice Bell Meisenhelder has suffered through the loss of a child and knows the almost unbearable sorrow a bereaved mother feels She has created this gentle guide to help mothers deal with their emotions and begin to heal Her guide starts by describing the initial reactions to loss She shows you the rhythms of grief and the basic emotions you will feel right after the event She then moves on to handling anger guilt envy and anxiety As time passes Meisenhelder warns about triggers and shows mothers how to handle holidays birthdays and family events She offers advice on how to heal spiritually as well as emotionally Meisenhelder also prepares you for tsunami days when the loss suddenly hits you all over

again She guides you through these days and on to the second and third year without your child She encourages you to find ways to honor your child In addition to guidance for mothers *Surviving the Unthinkable* also contains information for those immediate family and friends who want to understand and support their loved ones during this difficult time *In the Wake of Death* Mark Cosman,1996 In one of the most intimate and courageous books ever written on the loss of a child Mark Cosman shares his grief anger and despair over the 1991 murder of his teenage daughter Berlyn killed while she slept at a post prom party in the suburban Los Angeles home of a friend **Parenting After the Death of a Child** Jennifer L. Buckle,Stephen J. Fleming,2011-01-19 The death of a child has a tremendous and overwhelming impact on parents and siblings completely altering the psychological landscape of the family In the aftermath of such a tragedy parents face the challenge of not only dealing with their own grief but also that of their surviving children How can someone attempt to cease parenting a deceased child while maintaining this role with his her other children Is it possible for a mother or father to effectively deal with feelings of grief and loss while simultaneously helping their surviving children *Parenting After the Death of a Child A Practitioner s Guide* addresses this complex and daunting dilemma Following on the heels of a qualitative research study that involved interviewing bereaved parents both fathers and mothers Buckle and Fleming have put together several different stories of loss and recovery to create an invaluable resource for clinicians students and grieving parents The authors present the experience of losing a child and its subsequent impact on a family in a novel and effective way demonstrating the strength and importance of their book for the counseling field **Daring to Breathe** Claire Aagaard,2020-09-10 Being suddenly thrust into the world of parental grief is like being transported to a foreign land where you don t speak the language and the landscape is not only unfamiliar it s terrifying You feel disoriented fearful and consumed with a longing for home a place that no longer exists This compassionate guide addresses the many feelings and issues facing bereaved parents gently helping them feel less alone and isolated as they navigate the difficult journey of their grief It explores the impact of a child s death with chapters dedicated to Marriage Family and Spirituality This book shares the author s personal story of child loss and includes the experiences of many bereaved parents she helped in her long career as a grief counselor It carries a strong message of hope that this loss can not only be survived but mourned fully allowing bereaved parents to move into their future carrying their beloved child in their hearts forever *Surviving My First Year of Child Loss* Nathalie Himmelrich,2017-09 The death of a baby whether through miscarriage stillbirth or neonatal loss or the death of an older child is the worst experience a parent can endure This book includes twenty six heart wrenchingly honest essays by parents who convey their personal challenges and the ways they coped during the first twelve months of child loss **Shattered** Gary Roe,2017-01-31 *Unthinkable Unbelievable Heartbreaking* Whatever words we choose they all fall far short of the reality The loss of a child is a terrible thing How do we survive this Can we *Shattered Surviving the Loss of a Child* was written to help Back cover **UNIMAGINABLE LOSS** FIONA. MCWILLIAMS,2019 **Help Your Marriage**

Survive the Death of a Child Paul C. Rosenblatt,2000 *Upright with Knickers On: Surviving the Death of a Child* Claye Gina,2019-09-24 Gina Claye a bereaved mum shares how she survived the death of her two children what helped her to keep going and after experiencing the pain and despair of traumatic grief live life again with hope and meaning Surviving Loss Adele Maritz,2017-10-02 After the loss of her daughter due to a tragic shooting incident the author started the Surviving Loss initiative in an attempt to assist other mothers who have lost children She received a huge number of requests to share her story and experiences which led to her penning the book This book is written for anyone who has suffered loss due to the death of a loved one particularly the mothers of children who have died It is for friends and family who want to get a better understanding of what their loved ones who are grieving experience and how to assist them in a practical manner The intention of this book is not to delve deep into the complex psychology of the grieving process but the experience of a mother who has suffered the loss of her child put into words By sharing my experience I hope to offer others the comfort that they are not alone put in context the often erratic emotions and behaviour due to grief and put to rest some of the initial fears associated with losing a child *Miracles in Mourning* Tonya Collins,2019-05-07 I need to get through this day Everyone keeps telling me that I need to live for my daughters but all I want to do is crawl back in bed pull the covers over my head and stop breathing then I could open my eyes and I would be with my son again I didn t want to parent I didn t want to live I just wanted to hold my son That thought consumed me for months but what I learned was that God was next to me holding me up helping me walk keeping me among the living and I am so grateful There is life after the death of a child I promise It is not an easy road that we travel We have to learn to live without our child it s so biologically wrong to bury your child yet we are a testament to our faith by getting up everyday My hope is that this book will be a resource and comfort to you You are not alone Keep putting one foot in front of the other Don t give up on your future self How to Survive the Loss of a Child Catherine M. Sanders,1998 Sanders writes from her own personal experience the death of her son to create a book that seeks out the grieving process and eventually helps other grieving parents This book deals with the five phases of bereavement describing the symptoms and helping the bereaved to understand the normality of what they are feeling

What Forever Means After the Death of a Child Kay Talbot,2002 List of Tables List of Figures Series Editor s Foreword Preface Prologue Acknowledgements What It Means to Be a Parent After a Child Had Died The Mothers Now Childless Study Research Design and Findings When a Child Dies Does Grieving Ever End One Death A Thousand Strands of Pain Finding the Meaning of Suffering Bereaved Parents Search for Understanding The Paradox of Healing Confronting a Spiritual Crisis Where is God When Bad Things Happen Confronting an Existential Crisis Can Life Have Purpose Again Deciding to Survive Reaching Bottom Climbing Up Remembering With Love Bereaved Parents as Biographer Reaching Out to Help Others Wounded Healers Reinventing the Self Parents Ask Who Are We Now The Legacy of Loss References Resources Appendices Index

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