

Books, publications and cassettes for grieving people

Updated 24 January 2008



After the Death		
<p>We Need to Talk About the Funeral. 101 practical ways to commemorate and celebrate a life Jane Morrell and Simon Smith. A guide on how to plan, budget and arrange a traditional or contemporary funeral. Beautifully illustrated in colour, it is packed with practical information and ideas about both the funeral ceremony and preparing for it. 2006. 208pp. Pb.</p>	W00301	£14.99
<p>What to do Following a Death A self-help kit to help people through the process of bereavement, detailing the immediate practical steps that need to be taken and the emotional side of coping with the death of a loved one. 2007. Sealed wallet. Pb.</p>	W00307	£9.99
General		
<p>After the Death of Someone Very Close Cruse's best-selling guide to the emotions commonly experienced during the grief of bereavement. A basic, helpful introduction to bereavement, whatever the circumstances. 12pp. Pb</p>	A00003	£2.00
<p>Coping with a Major Personal Crisis A popular Cruse booklet for anyone affected by disaster or sudden or violent loss. 8pp. Pb.</p>	C00061	*Free
<p>The Courage to Grieve. Creative Living, Recovery and Growth Through Grief Judy Tattelbaum. A therapist writes simply and understandingly about many aspects of grief, including complex situations such as delayed grieving. 173pp. Pb</p>	T00248	£7.99
<p>Death is Nothing At All '...I have only slipped away into the next room...' The well-known words of comfort by Canon Henry Scott Holland, attractively presented as a small, illustrated book. 32pp. Hb</p>	D00073	£4.99
<p>Has Someone Died? A popular Cruse booklet for anyone affected by death. 6pp. Pb</p>	H00129	*Free
<p>The Early Days of Grieving Derek Nuttall MBE. Speaks simply and directly to bereavement people, offering support, explanation and information. 77pp. Pb.</p>	T00258	£5.95
<p>Easing Grief for Oneself and Others Amber Lloyd. A useful, personal, account of coping with stress after bereavement, written by a widow whose beloved husband died suddenly and unexpectedly at the age of 58. Includes practical tips for people who are bereaved as well as those who are trying to comfort someone else. 8pp booklet.</p>	E00086	85p
<p>Living on the Seabed Lindsay Nicholson. The author's personal story of the deaths of both her husband and eldest daughter from leukaemia, and her long road back to happiness. 250pp. Pb</p>	L00181	£9.99
<p>Through Grief: The Bereavement Journey Elizabeth Collick. A short, popular book about the pattern of grief and recovery. Helpful for those experiencing deep grief. 89pp. Pb</p>	T00256	£7.95
<p>The Tibetan Book of Living and Dying Sogyal Rinpoche. Reflections on life and death from a Tibetan Buddhist tradition which speaks also to people in the West. 480pp. Pb</p>	T00287	£10.99
<p>When Bad Things Happen to Good People Harold Kushner. A wise book on suffering written by a Rabbi. 156pp. Pb</p>	W00298	£6.99
<p>'You'll Get Over It' The journalist and agony aunt Virginia Ironside writes powerfully about emotions after bereavement, from her own experience and that of others. Angrily dismissing conventional attempts at comfort, she finally moves towards a faint glimmering of hope that things will get better. 194pp. Pb</p>	Y00341	£8.99

Cruse Factsheets

Going on holiday It can be difficult going on holiday after the death of someone close. This factsheet offers useful information and suggestions.	H00131	*Free
Support for people bereaved by suicide Helpful information on books and support groups.	S00251	*Free

Anthologies and Poetry

All in the End is Harvest Edited by Agnus Whitaker. A best-selling anthology of prose and poetry for those who grieve, drawn from past and present. People from many different backgrounds have found comfort in this classic book. 152pp. Pb	A00006	£9.95
Aspirations Written and compiled by Derek Dobson. A short, easy-to-read anthology of poems, prose and proverbs, acknowledging sadness but with optimism for the future. Contains familiar quotations and original material, some with a spiritual content. Attractive colour photographs. 80pp. Pb	A00016	£7.95
Beyond the Blue Mountains Compiled by Elizabeth Basset. A collection of writings including thoughts and letters from the bereaved, Beyond the Blue Mountains talks of death with gentleness and insight through the voices of wise men and women throughout history. 1999. 248pp. Hb	B00045	£12.00
Do Not Go Gentle Edited by Neil Astley. A selection of traditional and modern poems for believers of all faiths, spiritualists and those who aren't sure what they believe. 96pp. Pb	D00074	£6.99
Inspirations Written and compiled by Derek Dobson. Short, easy-to-read anthology of poems and prose, some familiar, others original, to comfort those going through a difficult time. Attractive colour photographs. 80pp. Pb	I00141	£7.95
Only a Whisper Away Iris Hesselden. Popular small book of poems of hope, comfort and faith. 48pp. Pb	O00194	£2.95
Seasons of Life Prose and poetry for secular ceremonies and private reflection. Compiled by Nigel Collins. Anthology from a humanist perspective, with much on death, loss and love from writers past and present. 246pp. Pb	S00252	£9.99
The Long Pale Corridor Contemporary poems of bereavement. Edited by J Benson & A Falk. Poets include Seamus Heaney, Ted Hughes, Andrew Motion. A book to dip into when everyone else seems to have forgotten your bereavement. 320pp. Hb	T00286	£8.95

CD & Audio cassette

Forever An anthology of short poetry and prose readings, including some little-known ones, which put into words many of the deep feelings of bereavement and acknowledge the continuing links between the living and those who have died. 2-sided tape, each side approx. 23 minutes. Some background birdsong and other natural sounds.	F00102	£5.99
Heartfelt CD of music to help with the stress of bereavement. Some sections are to help shed stress or find sleep, others to release emotions, clear the mind or encourage a mood swing from negative to positive. No tunes, words or voices but a building up and ebbing of abstract sounds and rhythms. Not intended as background music but for active listening, following the guidance booklet provided. 6 tracks. 62 minutes.	H00133	£15.99
Through Grief Written and read by Elizabeth Collick, based on her best-selling book of the same title. A series of nine short personal talks (approx. 8 minutes each) to those experiencing the distress of profound grief, with some suggestions to help them on the hard, lonely bereavement journey.	T00257	£5.50

Losing a Partner

A Grief Observed C S Lewis. Classic account of a widower's grief. The book on which the film <i>Shadowlands</i> was based. 64pp.Pb	A00005	£6.99
A Man's Grief. Death of a Spouse Colin Thatcher. The author was 49 when his beloved wife died suddenly. Used to being in charge of his life and his work, he was disorientated by grief and recovery was longer and harder than he expected. A raw, personal account of a journey from the death to emotional and spiritual recovery. 230pp. Pb	A00024	£12.99
Can I Let You Go, My Love? Kay van Dijk. The author's husband died after a long, loving relationship. In a verse journal she vividly charts her journey through the first years after bereavement and the gradual progress towards being able to face the future. Shortlisted for the Cruse Excellence in Communication Award. Pb. 250pp.	C00074	£15.00
Coming Through Susan Le Poidevin. A Cruse booklet dealing realistically with bereavement and making the most of changed circumstances. Mainly for those who have lost a partner. Practical and constructive ideas for self-help. 8pp	C00050	85p
Diary of a Grief Peter Woods' wife died after 53 years of marriage and his diary over the next three years traces his experience of grieving. It was a journey which often felt like taking one step forward and two steps backwards, but in which he gradually finds calm. This book was a runner-up in the Cruse Excellence in Communication award. 1998. Pb. 112pp.	D00085	£7.50
The Empty Bed Susan Wallbank. Explores the loss of love and sexuality following the death of a partner 137pp Pb	T00252	£9.95
Lifeline in Grief Roy Bolitho. Leaflet in which a widower writes about his experiences after his wife's death.	L00169	45p
Secret Flowers Mary Jones. The author and her husband were both strong, independent people, a couple with a close, sometimes turbulent marriage. In writing this short, moving book she discovers that her love for him is as strong after his death as before. 1988. 81pp. Pb	S00240	£6.99
To Dewi With Love Mary Davies describes how she adjusted to the death of her husband Dewi and to living alone. Despite missing him acutely and many moments of desolation, she finds help through a counsellor and her church and the ending is positive. The book contains some of the author's poems and drawings. 993. Pb. 30pp.	T00281	£3.95
Widow's Journey. A return to living Xenia Rose, an American and a psychotherapist, has written a frank account of becoming a widow after 20 years of marriage, the turmoil of her reactions, the loneliness, the readjustments in her work and social life and the path back to new relationships with men. 1990. Pb. 206pp.	W00309	£8.95

Losing a Baby or a Child

Suffering Love Bill Merrington. Foreword by the Chairman of The Compassionate Friends. A positive, practical book by a researcher and former hospital chaplain outlining the patterns of grief experienced by parents and families when a child has died. 1986. Pb. 128pp.	S00247	£7.50
The Bereaved Parent Harriet Sarnoff Schiff. A comprehensive book on coping with the death of a child, whether it happened in infancy, in the childhood or teenage years, or to a child who had reached adulthood. For parents at any stage of bereavement, whether at the time of death or during the long aftermath. 1977. Pb. 146pp.	T00264	£8.99
When a Baby Dies Nancy Kohner & Alix Henley. Support for those who have lost a baby through late miscarriage, stillbirth or in the early weeks after birth. Includes parent's experiences of what helped them and explains some of the medical reasons for these sad events. 244pp. Pb.	W00320	£11.99

Adults Whose Parent Has Died

<p>And When Did You Last See Your Father? Blake Morrison's award-winning book about the life and death of his father, a Yorkshireman and a strong character. Morrison relives his mostly happy, often humorous memories of his father, trying to put their relationship in perspective. The book includes descriptions of his father's death at home from cancer. Reading this, you realise you are not alone in finding the death of a parent, even when you are grown up, a major loss. Re-issued 2000. Pb 219pp</p>	W00317	£7.99
<p>When Parents Die Rebecca Abrams. Foreword by Dr Dora Black. A book for young people grieving for a parent. The author's father died when she was 18 and she offers support based on her personal experience and that of other bereaved young people. 2nd edition, 1999. Pb. 208p</p>	W00297	£17.99
<p>When Your Parent Dies. Insights for Bereaved Adults Caroline Morcom. Adults who lose a parent often experience profound grief yet society expects them to take the death in their stride. This Cruse publication explores some of the often complex issues involved. 28pp. Pb</p>	W00316	£2.95
<h2>Books for Younger People</h2>		
<p>Facing Grief. Bereavement and the Young Adult Susan Wallbank Written for those aged around 18-28, this frank, sensible book deals with grief and with specific losses such as grandparent, parent, brother, sister, partner, friend or baby. 1991. Pb. 125pp.</p>	F00096	£15.00
<p>Healing Your Grieving Heart. 100 Practical Ideas for Teens Alan Wolfelt. A short American book for teenagers, with 100 simple tips for understanding and expressing feelings of grief after someone you love has died. 128pp. Pb</p>	H00132	£10.50
<h2>Bereavement Through Suicide</h2>		
<p>A Special Scar. The experiences of People Bereaved by Suicide Alison Wertheimer. Well-informed, helpful and compassionate, drawing on the experiences of a wide range of people and situations. 1991. Pb. 234pp</p>	A00002	£18.99
<p>A Voice for Those Bereaved by Suicide Sarah McCarthy's husband took his own life after a difficult period for himself and the family, leaving her with four children under ten. At first overwhelmed and angry, she describes how she slowly built up a positive life for herself and the children, helped by a religious faith. 102pp. Pb</p>	A00025	£8.00
<p>Bereaved by Suicide Patrick Shannon. Death by suicide can result in a painful, complicated mix of emotions for those left behind, ranging from bewilderment to grief, anger, guilt and fear. Many people find this booklet very helpful. 12 pp. Pb</p>	B00044	£2.00
<p>You Can't Catch Death. A daughter's memoir Ianthe Brautigan. His daughter was 24 when quintessential '60s author Richard Brautigan killed himself in 1984, and the obituaries were almost as painful for her as his tragic act. The author breaks her book up into short sections, some narrative, some meditative, some impressionistic and her memoir creates a vivid sense of her continuing loss and shows how she has come to terms with it. 209pp. Pb</p>	Y00342	£6.99

For People with Learning Difficulties

<p>When Mum Died and When Dad Died Sheila Hollins and Lester Sireling (3rd edn). Two illustrated, non-denominational books in which the death of a parent is simply described, explaining typical events and feelings. <i>When Dad Died</i> shows a cremation, <i>When Mum Died</i> a burial. This new edition ends with a longer text section answering in direct and simple terms questions people might have about a death, and giving a useful list of resources. 2004. 50pp. Pb</p>	<p>W00321 W00322</p>	<p>£10.00 £10.00</p>
<p>When Somebody Dies Sheila Hollins, Sandra Dowling and Noelle Blackman (2nd edn). Mary is very upset when someone she loves dies and is encouraged to go and see a counsellor. Later when her housemate, John, is bereaved she and her friends are able to comfort and support him. A story told sensitively through pictures with an excellent section for carers on bereavement and how it can affect this group. 2003. 60pp. Pb.</p>	<p>W00324</p>	<p>£10.00</p>

For Carers

<p>Past Caring: the beginning, not the end Audrey Jenkinson was 24 when she gave up her career to care for her sick parents. After their death she felt a deep void and the book describes her own experiences and those of other former carers who have lost parents, partners and children. She ends with positive self-help ideas to help carers rebuild their lives again. 249 pp. Pb</p>	<p>P00209</p>	<p>£8.95</p>
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