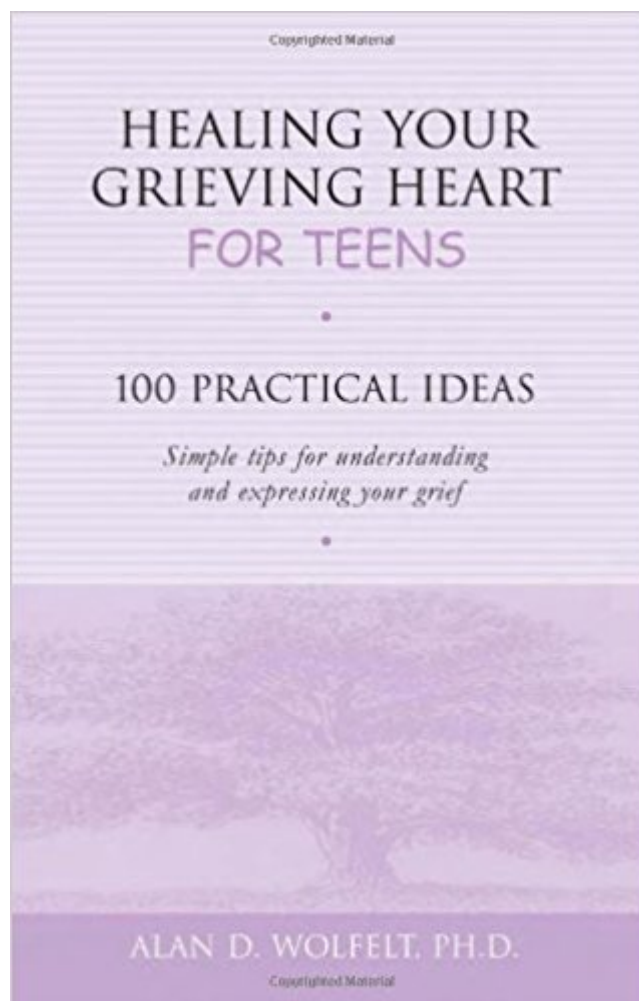




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# Healing Your Grieving Heart For Teens: 100 Practical Ideas (Healing Your Grieving Heart Series)



## 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 [See all reviews](#) (52 customer reviews)

Best Sellers Rank: #95,533 in Books (See Top 100 in Books) #2 in [Books > Teens > Social Issues > Death](#) #135 in [Books > Politics & Social Sciences > Sociology > Death](#) #137 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Death & Dying](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

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.

This book is wonderful. My son passed away at the age of 24 and my 15 year old daughter was finding it hard to find her way through this difficult grieving process. The book touched upon so many important and pertinent facts such as your grief is unique, just like your relationship to the person you lost is unique. Whether it's the loss of a sibling, parent, grandparent or other person in a teen's life, I think this book really addresses many of the issues that teens are concerned with when dealing with a loss in their lives.

Wolfelt has written this book in an easy-read format, making it not only easy to pick up and thumb through, but the bulleted pages make it easier for teens to read. As a School Social Work intern, the activities listed on the bottom of each page are excellent sources of ideas for use with students with whom I work.

This book is very good for dealing with grief. I lost my wife at 54 after a 15 month battle with cancer about 4 months ago. I had heard the author as a speaker previously. I bought this book for my adult children (29 & 26) after the loss of their mother. I bought the companion book (for Spouses) for myself. When I lost my bother (at 61) a little over a month ago I bought this book for his adult child (who was really struggling as they had not had a good relationship for a long while) and the companion book for his spouse. They have all said it was very helpful. His various books on 100 ways to Heal Your Grieving Heart are really thought provoking and helpful. They are short and easy to work to read and put to practice. I plan to buy more as time goes on to help others in need. Losing a love one is very difficult and this book helps to work through the challenging process of mourning and grief, male or female.

I am using this book for a Loss Support Group for senior citizens in an Adult Day Care. I've adapted some of the ideas to meet our needs. It is EXCELLENT!

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

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 stumbled on to Alan Wolfelt's books while browsing around at my local bookstore. His books on grieving really hit the spot and offer wonderful suggestions for teens, children and adults. There are books for caregivers and for those grieving as well.

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Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies (Healing Your Grieving Heart series)  
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