

Recommended Reading

The following books and resources have been suggested by TCF members. We appreciate that everyone grieves in their own way and that what one person finds helpful might not speak in the same way to others. However, we do hope that you will find some comfort from these personal recommendations.

TITLE	AUTHOR	SUGGESTED BY
Healing A Parent's Grieving Heart	Allan D. Wolfelt	Tracey A, Portage Plains MB
How To Go On Living When Someone You Love Dies	Theresa A. Rando	<i>(as above)</i>
From Grief to Gratitude	Dora Carpenter	<i>(as above)</i>
Finding Meaning: The Sixth Stage of Grief	David Kessler	Bev D, Sudbury ON
My Person Died Too (podcast)	John Polo and Carolyn Gower	<i>(as above)</i>
Its Okay That You're Not Okay	Megan Divine	Cathy S, North Shore (Vancouver) BC
Surviving Death: Healing and Growing Through Grief (Republished as <i>Letters to Stephen</i>)	James Taylor	Andy B, Ottawa ON

Additional book and DVD titles collated by the TCF Ottawa Chapter may be viewed on the following link: tcfottawa.net/library/.

If you would like to recommend a title that you have found helpful, please contact NationalOffice@TCFCanada.net.