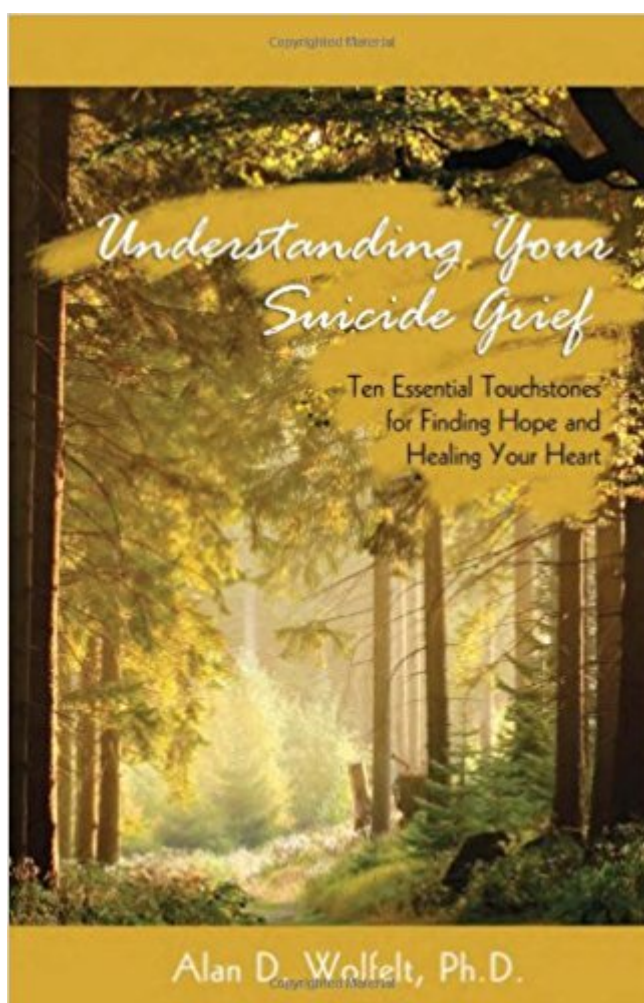


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# Understanding Your Suicide Grief: Ten Essential Touchstones For Finding Hope And Healing Your Heart (Understanding Your Grief)



## Synopsis

For anyone who has experienced the suicide of a loved one, coworker, neighbor, or acquaintance and is seeking information about coping with such a profound loss, this compassionate guide explores the unique responses inherent to their grief. Using the metaphor of the wilderness, the book introduces 10 touchstones to assist the survivor in this naturally complicated and particularly painful journey. The touchstones include opening to the presence of loss, embracing the uniqueness of grief, understanding the six needs of mourning, reaching out for help, and seeking reconciliation over resolution. Learning to identify and rely on each of these touchstones will bring about hope and healing.

## Book Information

Series: Understanding Your Grief

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## Customer Reviews

Alan D. Wolfelt, PhD, is a grief counselor and the director of the Center for Loss and Life Transition. He is the author of the Healing Your Grieving Heart series, The Journey Through Grief, Transcending Divorce, and Understanding Your Grief. He lives in Fort Collins, Colorado.

I've read several books on the topic of surviving suicide over the last several months. This book takes you gently by the hand and walks you through many of the thoughts and worries, feelings and concerns common to people who have suffered such a terrible loss. I would highly recommend it (and have) to anyone who has survived the suicide loss of a loved one. I'm already reading it for the second time. The author recommends his companion journal to complete while reading along in the

book. Since I bought it on my kindle, I don't have the journal but will probably purchase it to have as I read through the book again.

I bought this for a friend whose son chose to end his life, and I read it before giving it to her, as she did not need overly sympathetic fluff or "buck up and get on with life" advice. This book is definitely neither of those. It is both firm and caring all at once ... almost like sitting with a wise counselor who truly understands and knows just what you're feeling and how to keep you motivated to work through it all. My friend is now about halfway through the book. Right after her son's death she kept saying, "This is so hard ... I don't know how to do this ..." Dr. Wolfelt's book is giving her guidance as she works toward reconciliation with this impossible yet true new reality of her world.

This book was very helpful when my partner's cousin (who was like her brother) committed suicide. It was a shock to the family and a very difficult time for everyone. I found this book comforting and informative in a time where the world seems difficult and challenging for everyone. Would definitely suggest it for others. Plus, it helps that Dr. Wolfeit is an amazing researcher and forefront leader in understanding suicidality.

Very informative book with great explanations behind the authors thoughts. There are some wonderful suggestions throughout the book to help one cope with the devastation and pain resulting from a loss by suicide. Wolfelt would be a great resource for any psychologist/therapist, etc. who needs additional training in counseling those suicide bereaved. From personal experience he knows how deep the pain, and how dangerous the grief can be. I would recommend this book without hesitation -- along with the journal.

I am using this book to facilitate a grief support groups of those who have lost a loved one through death by suicide, Fantastic and well received by participants! Highly recommend!

For anyone who has lost someone to suicide this book is a great read, it has made me feel as though I am not alone, that my feelings aren't crazy and it doesn't make me cry. I started reading this about a month after my boyfriend took his life and it has been VERY helpful for me. I absolutely recommend it.

This book was extremely helpful. It gave me hope, knowledge and understanding. I would highly

recommend this book more so than any other self-help book on this subject. Alan Wolfelt has wonderful insight. He is also a wonderful speaker on the subject of grief. We are so glad we came across him.

Good advice for suicide survivors.

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