

## Resource List

### **Writing to Recover**

*by Harriet Hodgson, BS, MA*

Each page has a one sentence writing prompt to guide the writer in writing about many of the feelings and experiences of grief.

### **Writing to Heal the Soul: Transforming Grief and Loss Through Writing**

*by Susan Zimmerman*

This guide includes writing about the experience of grief and healing, with several writing exercises offered throughout the book.

### **Expressive Writing for Healing: Journal Your Way from Grief to Hope**

*by Mary Potter Kenyon*

This book is primarily filled with pages for journal entries that are peppered with quotes about grief and hope. Each chapter also contains a few pages of guidance - about journaling and about grieving - written by the author.

### **A Path Through Loss: A Guide to Writing Your Healing and Growth**

*by Nancy Reeves PhD*

This guide has an abundance of information about grieving, with a focus on healing and growth. About half of the book is filled with guided journaling opportunities and space for writing.

### **Grief's Courageous Journey: A Workbook**

*by Sandi Caplan and Gordon Lang*

Brief writings intended to help the writer understand grief and suggesting steps toward healing are interspersed with space to write based on prompts related to the theory being explained.

### **Progressing through Grief: Guided Exercises to Understand Your Emotions and Recover From Loss**

*by Stephanie Jose, LMHC, LCAT*

Divided into three segments: Understanding Grief, Emotions and Reactions and Journaling Through Grief, this book offers theory as well as several sections for writing about the topics under consideration.

### **Braving the Fire: A Guide to Writing About Grief and Loss**

*by Jessica Handler*

This text offers guidance and tips to help the writer remember, research and organize a memoir project when the subject is grief and loss.