



*Enhancing Quality of Life at the End of Life*

## **HOW TO CONSOLE GRIEVING PEOPLE**

The Art of Being a Healing Presence. James Miller and Susan Cutshall, 2001.

Discover the most effective ways to be present in a way that is healing, nurturing and potentially even transforming.

The Art of Condolence: What to Write, What to Say, What to Do at a Time of Loss. Leonard Zunin, M.D. and Hilary Stanton Zunin, 1992.

Well-received book with practical suggestions on what to write, what to say and what to do at a time of loss.

The Art of Healing: What to Say and Do When Someone is Hurting. Lauren Littauer Briggs and Emilie Barnes, 2003.

Easy-to-use resource for suggestions on what to say and do when someone you care about is in need.

Beyond Sympathy: What to Say and Do for Someone Suffering an Injury, Illness or Loss. Janice Harris Lord, 1990.

Brief, practical things to do and say in a wide variety of loss and trauma situations.

Healing Conversations: What to Say When You Don't Know What to Say. Nancy Guilmartin, 2002.

A positive, empathic approach to helping people in need.

I Don't Know What to Say: How to Help and Support Someone Who is Dying. Dr. Robert Buckman, 1992 Reprint: 2000.

This empathic guide demystifies the dying process and offers practical, concrete suggestions for bringing a degree of comfort to the dying person.

I Know Just How You Feel: Avoiding the Clichés of Grief. Erin Linn, 1986.

Sensitive insights on approaching bereaved persons and avoiding the clichés of grief. A clear, honest and hopeful read for consolers and consoled.

If There's Anything I Can Do: A Practical Guide for Helping Others Cope With Grief. Carlene V. Eneroth, 1990.

Quick reference guide with dozens of practical suggestions for helping others.

You Can Help Someone Who's Grieving: A How-To Healing Handbook. Victoria Frigo, 1996.

A practical resource deals with such issues as what to say and not to say after someone dies, how long the grieving period lasts and its many stages, how to write sympathy notes, and how to handle holidays and anniversaries.