A Mother Loss Workbook

Healing Children's Grief

"A validating new approach to the long-term grieving process that explains why we feel "stuck," why that's normal, and how shifting a perception of grief can help us grow--from the New York Times bestselling author of Motherless Daughters Shouldn't I be over this by now? Why do I still feel the pain? Because of the common assumption that grief should be time-limited, too many of us believe we've done it "wrong" when sadness reemerges months or even years after a major loss. In The AfterGrief, Hope Edelman offers a new and reality-affirming paradigm: grief is not an emotion to pass through on the way to "feeling better," but a state that we repeatedly return to as we experience important life transitions and new crises. Drawing from her own encounters with the ripple effects of early loss, as well as interviews with more than seventy-five people, Edelman offers profound advice for reassessing loss and adjusting the stories we tell ourselves about its impact on our identities. With guidance for reframing a story of loss, finding equilibrium within it, and experiencing renewed growth and purpose, The AfterGrief shows that though grief may be a lifelong process, it doesn't have to be a lifelong struggle"

When All That's Left of Me Is Love

National surveys, interviews, and portraits of high-profile men examine the way men deal with the death of their fathers, and offer advice on how men of any age can cope with their loss.

The Possibility of Everything

This book is part memoir and a compilation of stories about women whose mothers have passed away. It brings hope and healing to those who are grieving, based on God's promises in the Bible.

Still Waters

"One of the classics in the field of crisis intervention" (Dr. Earl Grollman), Life after Loss is
the go-to resource for anyone who has suffered a significant life change. Loss can be overwhelming, and recovery often seems daunting, if not impossible. With great compassion and insight, Deits provides practical exercises for navigating the uncertain terrain of loss and grief, helping readers find positive ways to put together a life that is necessarily different, but equally meaningful. With two new chapters and significant changes throughout reflecting Deits's ongoing experience in counseling, Life after Loss is an essential "roadmap for those in grief" (Lawrence J. Lincoln, MD, Staff, Elisabeth Kubler-Ross Center).

**Fatherloss**

When All That's Left of Me Is Love is an intensely personal story about one family's determination to enjoy life while anticipating death. Linda Campanella's emotional account of her last year with her mother, Nancy Sachsse, wrote itself on the pages of her mind as she lay awake unable to sleep in the days and weeks following Nan's death one year and one day after a diagnosis of terminal cancer. It is a heartwarming memoir filled with insights and inspirations that will help anyone jolted into confronting the inevitability and sudden imminence of death. Join the author as she reconstructs and relives a year of living while dying and, in the process, comes to terms with the pain and permanence of her loss. When All That's Left of Me Is Love is indeed a sad story born of death, but it is above all an uplifting portrait of living, loving, believing, and letting go. This story of a daughter's undying love for her dying mother will move and inspire not only those who face or fear death but also those who love and embrace life. "This book is truly a testament of love, as the title suggests. It is about love refined and deepened by grief and gratitude. It is a tribute to a mother who loved with her last breath and beyond. It is the story of a daughter who gives herself away through the gift of her pen." -Sharon G. Thornton, Ph.D., Professor of Pastoral Theology at Andover Newton Theological School

**Father Loss**

Life goes on. But does it really? When my beautiful 47 year old mother, Gina, was diagnosed with stage four Lung Cancer, my world as I knew it came tumbling down. As a 23 year old girl, ready to start a life of my own, this heart wrenching news was more than I could bear. Together we battled her terminal illness. Along the way we shared happiness, sadness, laughter, love, hope & heartache. We went through the motions, the ups and downs. I stood by her side as she inspired others who were also fighting this beast they call cancer, to keep on fighting. We kept the hope strong as she had an army behind her cheering her on, every step of the way. When my mom passed away only ten months after diagnosis I found treasures that she had left behind that told a story of a mother's undying love. Treasures that will forever remain in my mind, body, heart, and soul. Treasures that brought a new hope and a profound reason to carry on the life she loved to live so very much. This true story was written with the intent to inspire many. To those who are fighting the fight, keep on fighting. To those who have experienced tremendous loss, we must remember that even through the darkest of days, life does in fact go on.

**When Mom Dies**

As Elyce Wakerman found in the scores of interviews she conducted, the loss of a father—through death, divorce, or abandonment—is the event that shapes a girl’s life and all her future relationships. “In my fantasy,” one woman commented, “he remains the perfect, all-giving man”—a difficult role for any other man to fill. Based partly on the author’s experience, partly on her in-depth interviews, and partly on a questionnaire she developed with psychologist Holly Barrett to which almost six hundred women responded, Father Loss provides the clearest portrait yet of a very special group of women. As a group, they express their insecurities (“Sometimes I wonder if I’ll ever be able to love a man totally . . . because that would mean I didn’t love my father anymore.” —Leslie). Yet individually, many have
become outstanding achievers, including Eleanor Roosevelt (“He dominated my life as long as he lived and was the love of my life for years after he died.”), Helen Gurney Brown (“People in business, my bosses, I look to them all as fathers.”), Barbara Streisand, Gloria Steinem, Geraldine Ferraro and many others. A bestseller when it was first published twenty-five years ago and now updated and revised, Father Loss gives information and insight to fatherless daughters, to widows and divorcees with daughters, and to every father who needs to understand the vital role he plays in his daughter’s life—as the first man she ever loves.

**Letters from Motherless Daughters**

A groundbreaking book exploring the little-known yet critical connections between anxiety and grief, with practical strategies for healing, following the renowned Kübler-Ross stages model. If you’re suffering from anxiety but not sure why, or if you’re struggling with loss and looking for solace, Anxiety: The Missing Stage of Grief offers help -- and answers. Significant loss and unresolved grief are primary underpinnings of anxiety, something that grief expert Claire Bidwell Smith discovered in her own life and in her practice with her therapy clients. Now, using research and real life stories, Smith breaks down the physiology of anxiety, giving you a concrete foundation of understanding in order to help you heal. Starting with the basics of What Is Anxiety? and What Is Grief? and moving to concrete approaches such as Making Amends, Taking Charge, and Retraining Your Brain, Anxiety takes a big step beyond Elisabeth Kübler-Ross's widely accepted five stages to unpack everything from our age-old fears about mortality to the bare vulnerability a loss can make us feel. With concrete tools and coping strategies for panic attacks, getting a handle on anxious thoughts, and more, Smith bridges these two emotions in a way that is deeply empathetic and eminently practical.

**The Dead Moms Club**

Letters from Motherless Daughters is a compilation of the letters Hope Edelman received in response to her groundbreaking New York Times-bestseller, Motherless Daughters. Reaffirming her precious link with motherless women across the country, Edelman presents these moving, honest, and often hopeful letters alongside her own insight to offer readers the opportunity to further learn from loss. The words of these brave women illustrate the profound pain, astounding strength, and undying perseverance of living through the loss of one’s mother without ever outliving the need for her. Edelman has added a new introduction and new letters, tailoring this important book to a new generation.

**Things I Wish I Knew Before My Mom Died**

SHORTLISTED FOR THE WAINWRIGHT PRIZE 'This story - so fierce and brave and visceral and raw - will stay with me forever. Clover Stroud is a force of nature, and a woman who is fearless in the face of life and death. I loved it.' Elizabeth Gilbert, author of Eat Pray Love 'An astonishing book about loss, love, darkness, pain, sex and adventure. I adore it.' Dolly Alderton 'There is so much richly evoked life here beautifully written.' Cathy Rentzenbrink, The Times 'This redemptive memoir will steal your heart; it will return it bruised but emboldened.' Mail on Sunday 'I have huge admiration for the spirit of this memoir, and its author: full of heart, bravery and adventure. A moving, gripping read.' Amy Liptrot, author of The Outrun Clover Stroud grew up in rural Wiltshire surrounded by animals and family. When she was just sixteen her adored mother had a horrific riding accident which left her permanently brain-damaged, and suddenly Clover was left to fend for herself. She embarked on an extraordinary journey to heal her broken heart, courting men and danger through two marriages and five children. The Wild Other is a grippingly honest account of love, sex and travelling to the darkest edges of human experience and back again. Powerful and deeply emotional, this is the story of an extraordinary life lived at its fullest.

**The Emotionally Absent Mother**
**The Lone Child**

Was your mother too busy, too tired, or too checked-out to provide you with the nurturing you needed as a child? Men and women who were “undermothered” as children often struggle with intimate relationships, in part because of their unmet need for maternal care. The Emotionally Absent Mother will help you understand what was missing from your childhood, how this relates to your mother’s own history, and how you can fill the “mother gap” by: Examining the past with compassion for yourself and your mother Finding the child inside of you and learning to mother yourself Opening to the archetype of the Good Mother Allowing friends and loved ones to provide support, guidance, and other elements of good mothering that you missed Through reflections, exercises, and clear explanations, psychotherapist Jasmin Lee Cori helps adult sons and daughters heal the wounds left by mothers who failed to provide the essential ingredients that every child needs. She traces perceived personal “defects” back to mothering deficits, relieving self-blame. And, by teaching today’s undermothered adults to cultivate the mothering they missed, she helps them secure a happier future—for themselves and their children.

**Along the Way**

Elaine Mallon is not an expert on grief. She's someone who lost her mother suddenly and unexpectedly. She knows the magnitude of this heartbreak firsthand. Devastated and unprepared for how life-changing and painful processing the loss would be, she found herself wondering: "Where's the manual?" and "How do I do this?"Like a compassionate friend, Mallon captures the raw, universal pain of losing your mother with empathy, honesty and eloquence. She tenderly walks the reader through each step of the grieving process, offering straightforward answers to many common questions and addressing fears faced by those grieving, as well. This is a must-read, essential guidebook for anyone uncertain about what to do or where to turn after their mother's loss. For those hoping to help a loved one through grief, this book also offers direction on how to comfort someone who is grieving by explaining what they are going through and how to be most helpful to them. If you've lost your mother, please know this: If you're grieving, you're healing - and you are not alone.

**Daughters of Hope**

Hope Edelman’s iconic book, Motherless Daughters—in print for nearly twenty years—told the story of losing her mother to cancer at age seventeen. Now, in her first original e-book, Edelman chronicles the events leading up to and immediately following that crucial event. Set against the backdrop of suburban New York in the early 1980s, “The Sweetest Sex I Never Had" and “Bruce Springsteen and the Story of Us" tell the stories of a good girl gone raw and the two “bad” boys she turned to for escape. Part coming-of-age story and part cultural critique, Boys Like That weaves together the angst of adolescence, the discovery of sex, and the solace of rock and roll to create two unforgettable short memoirs about the exquisite pain of young love and the life-altering nature of loss.

**The Aftergrief**

Hope Edelman’s bestselling MOTHERLESS DAUGHTERS drew on her own experience of losing her mother at seventeen. Now a mother herself, in MOTHERLESS MOTHERS she considers how her mother’s absence has shaped her seven years of parenting. Through interviews, anecdotes and psychological research, Edelman discusses the challenge of mothering in the shadow of loss, which often triggers a resurgence of childhood grief and confusion. But this is less a book on mourning than a supportive guide for mothers who may feel overwhelmed and alone, bereft of their own mother’s presence, advice and support. The book covers general child-rearing topics for each age group but with a focus specific to the readership such as the void of the absent grandmother; the urge to overcompensate; and the perpetual
impulse to protect one’s family from the specter of loss. Edelman’s voice, suffused with fierce maternal love, joins candid recollections from motherless mothers of all ages and backgrounds. She presents emotionally charged concepts in clear, memorable terms to encourage frank, cathartic discussion. THE NEW YORK TIMES described her previous book as a ‘A moving and valuable treatment of a neglected subject, jolting us into awareness of the profound problems mother loss leaves in its wake.’

After Mom

At eighteen years old, with no high school diploma, a growing rap sheet, and a failed relationship with his estranged father, Timothy J. Hillegonds took a one-way flight from Chicago to Colorado in hopes of leaving his mounting rage and frustration behind. His plan was simple: snowboard, hang out, live an uncomplicated life. The Distance Between chronicles how Hillegonds’s plan went awry after he immediately jumped head first into a turbulent relationship with April, a Denny’s coworker and single mother. At once passionate and volatile, their relationship was fueled by vodka, crystal methamphetamine, and poverty—and it sometimes became violent. Mere months after moving to the mountains, when the stakes felt like they couldn’t be higher, Hillegonds learned April was pregnant with his child. More than just a harrowing story of addiction and abuse or a simple mea culpa, The Distance Between is a finely wrought exploration of, and reckoning with, absent fathers, fatherhood, violence, adolescent rage, white male privilege, and Hillegonds’s own toxic masculinity. With nuance and urgency, The Distance Between takes readers through the grit of life on the margins while grappling with the problematic nature of one man’s existence.

Life Goes On...

Ask any woman whose mother has died, and she will tell you that she is irrevocably altered, as deeply changed by her mother's death as she was by her mother's life. Although a mother's mortality is inevitable, no book had discussed the profound, lasting and far-reaching effects of this loss—until Motherless Daughters, which became in instant classic. Over twenty years later, it is still the book that women of all ages look to for comfort and understanding when their mothers die, and the book that they continue to press into each other’s hands. Building on interviews with hundreds of mother-loss survivors, the author's personal story of losing her mother and recent research in grief and psychology, Motherless Daughters reveals the shared experiences and core identity issues of motherless women. * * * * * 'Motherless Daughters is a timeless source of consolation and information for all who grieve the death of their mother. It highlights that we bear this loss by remembering, not forgetting our mother.' JULIA SAMUEL, author of Grief Works 'Anyone who has lost their mother should read this remarkable, tender book, full of insight and consolation. This is one of those exceptional books that has the power to change your life.' CLOVER STROUD, author of The Wild Other 'Nothing has helped me make more sense of myself than Motherless Daughters; it's the book I go back to again and again, and find something new in it every time.' DECCA AITKENHEAD 'Intelligent, brave, consoling and wise . . . an essential and illuminating must-read for anyone who has lost a mother or loves someone who did.' CHERYL STRAYED, author of Wild 'This book has helped me heal my heart. Finding myself in the stories of other motherless daughters let me know I was not alone. If you have lost your mom - this book is essential.' ROSIE O'DONNELL 'Absorbing . . . insightful . . . a moving and valuable treatment of a neglected subject.' NEW YORK TIMES BOOK REVIEW

The Mercy Papers

A guide to understanding and coping with grief and all of the disorienting emotions that accompany the death of our parents. Losing our parents when we ourselves are adults is in the natural order of things, a rite of passage into true adulthood. But whether we lose them suddenly or after a prolonged illness, and whether we were close to or estranged from them, this passage proves inevitably more difficult than we thought it would be. From the recognition of our own mortality and sudden child-like sorrow to a sometimes-subtle change
in identity or shift of roles in the surviving family, The Orphaned Adult guides readers through the storm of change this passage brings and anchors them with its compassionate and reassuring wisdom.

**Parentless Parents**

From one of America's foremost young literary voices, a transcendent portrait of the unbearable anguish of grief and the enduring power of familial love. What does it mean to mourn today, in a culture that has largely set aside rituals that acknowledge grief? After her mother died of cancer at the age of fifty-five, Meghan O'Rourke found that nothing had prepared her for the intensity of her sorrow. In the first anguished days, she began to create a record of her interior life as a mourner, trying to capture the paradox of grief-its monumental agony and microscopic intimacies-an endeavor that ultimately bloomed into a profound look at how caring for her mother during her illness changed and strengthened their bond. O'Rourke's story is one of a life gone off the rails, of how watching her mother's illness-and separating from her husband-left her fundamentally altered. But it is also one of resilience, as she observes her family persevere even in the face of immeasurable loss. With lyricism and unswerving candor, The Long Goodbye conveys the fleeting moments of joy that make up a life, and the way memory can lead us out of the jagged darkness of loss. Effortlessly blending research and reflection, the personal and the universal, it is not only an exceptional memoir, but a necessary one.

**The Long Goodbye**

How is life now that mom is gone? How are you getting by? Have you been able to move forward and are you the best version of yourself? Is her memory alive and well? How have your relationships with family turned out? If you had blame or guilt, have you handled forgiveness in a healthy way? If you're anything like me, you may feel that life has really robbed you of so much love and possibility by taking your mom away prematurely. Are you brave enough to dig deeper to find peace again? Are you one of the strong, brave women who desires to go inward to heal, forgive, and live a successful life filled with fulfillment and gratitude? These guided insights will help examine your relationship with your mom, discover forgotten memories of her death, embrace her teachings, and learn to accept apologies and practice forgiveness in order to keep her alive. If you're willing to dig deeper to truly heal from losing your mom, then come take the journey! This is a powerful read for those that haven't lost their moms yet, too. Mothers are finding that the insights and "dig deeper" provide them with things to ponder while they're still alive. There are many stories that may encourage conversations before it's too late. Daughters can learn from my personal experience to embrace emotions, confront feelings and learn from my mistakes before unforeseen loss happens. Thank you very much for sharing your feedback by reviewing on Amazon after reading so more people can forgive, heal and keep mom's memory alive!

**Anxiety: The Missing Stage of Grief**

The author "relates the powerfully moving stories of eighty-eight families and their 157 children (ages 3 to 17) who participated in a parent-guidance intervention through the terminal illness and death of one of the parents from cancer."--Cover.

**Motherless Daughters**

When Robin Romm's The Mother Garden was published, The New York Times Book Review called her "a close-up magician," saying, "hers is the oldest kind [of magic] we know: the ordinary incantation of words and stories to help us navigate the darkness and finally to hold the end at bay." In her searing memoir The Mercy Papers, Romm uses this magic to expand the weeks before her mother's death into a story about a daughter in the moments before and after loss. With a striking mix of humor and honesty, Romm ushers us into a world where
an obstinate hospice nurse tries to heal through pamphlets and a yelping grandfather squirrels away money in a shoe-shine kit. Untrained dogs scamper about as strangers and friends rally around death, offering sympathy as they clamor for attention. The pillbox turns quickly into a metaphor for order; questions about medication turn to musings about God. The mundane and spiritual melt together as Romm reveals the sharp truths that lurk around every corner and captures, with great passion, the awe, fear, and fury of a daughter losing her mother. The Mercy Papers was started in the midst of heartbreak, and not originally intended for an audience. The result is a raw, unsentimental book that reverberates with humanity. Robin Romm has created a tribute to family and an indelible portrait that will speak to anyone who has ever loved and lost.

**Mother of My Mother**

She was seventeen when her thirty-nine-year-old mother transitioned from this world. Seven years later, Hayley became a mother herself, and began journaling intimate conversations to her late mother, about the figuring outs of first-time motherhood. In this beautifully delicate form of documentation, she gets intentional in her own comings, fearlessly transitioning into a capable young woman who learns to believe in the infinite connection she harbors to all things, of both earth and spirit. Whether you're a daughter or a mother or one among the motherless, "Mother Sun" will be your very written evidence that anyone you've ever loved and lost, is still here.

**Leonardo's Legacy**

Kate Spencer lost her mom to cancer when she was 27. In The Dead Moms Club, she walks readers through her experience of stumbling through grief and loss, and helps them to get through it, too. This isn't a weepy, sentimental story, but rather a frank, up-front look at what it means to go through gruesome grief and come out on the other side. An empathetic read, The Dead Moms Club covers how losing her mother changed nearly everything in her life: both men and women readers who have lost parents or experienced grief of this magnitude will be comforted and consoled. Spencer even concludes each chapter with a cheeky but useful tip for readers (like the "It's None of Your Business Card" to copy and hand out to nosy strangers asking about your passed loved one).

**The Distance Between**

Ask any woman whose mother has died, and she will tell you that she is irrevocably altered, as deeply changed by her mother's death as she was by her mother's life. Although a mother's mortality is inevitable, no book had discussed the profound, lasting, and far-reaching effects of this loss—until Motherless Daughters, which became an instant classic. Twenty years later, it is still the book that women of all ages look to for comfort and understanding when their mothers die, and the book that they continue to press into each other's hands. Building on interviews with hundreds of mother-loss survivors, the author's personal story of losing her mother, recent research in grief and psychology, and with a new afterword exploring how the legacy of mother loss shifts with the passage of time, Motherless Daughters reveals the shared experiences and core identity issues of motherless women: Why the absence of a nurturing hand shapes a woman's identity throughout her lifespan How present-day relationships are defined by past losses How a woman can resolve past conflicts and move toward acceptance and healing What grief really is: not a linear passage, but an ongoing cyclical journey

**Motherless Mothers**

refugee-coming-of-age story, feminist manifesto, and meditation on motherhood, displacement, gender politics, and art that follows award-winning writer Sophia Shalmiyev’s flight from the Soviet Union, where she was forced to abandon her estranged mother, and her subsequent quest to find her. Russian sentences begin backward, Sophia Shalmiyev tells us on the first page of her striking lyrical memoir. To understand the end of her story, we must go back to the beginning. Born to a Russian mother and an Azerbaijani father, Shalmiyev was raised in the stark oppressiveness of 1980s Leningrad (now St. Petersburg), where anti-Semitism and an imbalance of power were omnipresent in her home. At just eleven years old, Shalmiyev’s father stole her away to America, forever abandoning her estranged alcoholic mother, Elena. Motherless on a tumultuous voyage to the states, terrified in a strange new land, Shalmiyev depicts in urgent, poetic vignettes her emotional journeys through an uncharted world as an immigrant, artist, and, eventually, as a mother of two. As an adult, Shalmiyev voyages back to Russia to search endlessly for the mother she never knew—in her pursuit, we witness an arresting, impassioned meditation on art-making, gender politics, displacement, and most potently, motherhood.

Mother Winter

Revered today as, perhaps, the greatest of Renaissance painters, Leonardo da Vinci was a scientist at heart. The artist who created the Mona Lisa also designed functioning robots and digital computers, constructed flying machines and built the first heart valve. His intuitive and ingenious approach—a new mode of thinking—linked highly diverse areas of inquiry in startling new ways and ushered in a new era. In Leonardo's Legacy, award-winning science journalist Stefan Klein deciphers the forgotten legacy of this universal genius and persuasively demonstrates that today we have much to learn from Leonardo's way of thinking. Klein sheds light on the mystery behind Leonardo's paintings, takes us through the many facets of his fascination with water, and explains the true significance of his dream of flying. It is a unique glimpse into the complex and brilliant mind of this inventor, scientist, and pioneer of a new world view, with profound consequences for our times.

Life Still Goes On

From the bestselling author of "Motherless Daughters" comes the real-life story of one woman's search for a cure to her family's escalating troubles, and the leap of faith that took her on a journey to an exotic place and a new state of mind.

Healing After the Loss of Your Mother

'Absolutely arresting. A story shaped by contemporary social inequalities, their chilling consequences and, above all, the powerful, life-affirming love of women for their own and other people's children.' Zoe Morrison, author of Music and Freedom Neve Ayres has always been so careful. Since her mother's death when Neve was seven, she's learned to look after herself and to keep her cards close. But now her deliberately constructed world has collapsed: her partner's left her when she was eight months pregnant. And so, alone with her newborn son, she's retreated to her cliff-top holiday house in coastal Flinders. There, another child comes into her life. The first time Neve sees Jessie, the small girl is playing on an empty stretch of beach. On the cold autumn day, she is bare-legged and alone, while her mother is distracted by her own troubles. At once, almost despite herself, Neve is intrigued and concerned, and Jessie is drawn to Neve's kindness - and to her home. To Neve's surprise, Jessie becomes an unlikely source of much needed care for her and her baby. Having been lost in the sleepless haze of new motherhood, Neve is touched, and finds herself grappling with how to best help the forgotten girl. She has the spacious house, the full pantry, the resources . . . But how much can you - should you - do for a stranger's child? Beautifully written and emotionally compelling, The Lone Child is about parenting and judgement, loss and love. From the acclaimed author of What Came Before, this is a gripping, atmospheric novel that explores how the desire to mother, and to be mothered, can be overwhelmingly seductive. 'Absorbing and poignant, written with tenderness and insight, The Lone Child
My Mama's Waltz

In her acclaimed New York Times bestseller, Motherless Daughters, Hope Edelman explored the profound and lasting effects of mother loss, as well as her own search for healing. Now, in her compelling new work, Edelman explores another complex, life-changing relationship, the intricate bond between generations. Drawing from her own experience and the recollections of over seventy other granddaughters, Edelman explores the three-generation triangle from which women develop their female identities: the grandmother-mother-daughter relationship. With eloquent personal testimony, she demonstrates the vital roles grandmothers have played in their granddaughters' lives, as a source of unconditional love, family values and traditions, and backup parent, the ultimate safety net. Here are grandmothers in all their glory: The "Benevolent Manipulator", whose love for her family is matched only by her desire for control; The "Gentle Giant", awesome, respected, who possesses a quiet, behind-the-scenes power; The "Autocrat", who rules her extended family like a despot; The "Kinkeeper", the family hub, who offers a sense of cohesion to the extended clan. With insight and compassion, Edelman probes this unique and emotionally-charged relationship in a book that is a true celebration of an extraordinary bond--and a must read for every woman.

Boys Like That

This #1 Amazon Best Seller from one of today’s top bloggers is a compassionate guide through the process of grieving for a lost loved one. Ty Alexander has touched many lives with her popular lifestyle blog, Gorgeous in Gray. But in her early 20s, her own life was upended when her mother was diagnosed with cancer. Ty was suddenly forced to become not just a loving daughter, but a caregiver, patient advocate, and researcher. And when her mom passed the pain was overwhelming. Though she still grieves every day, her experience has taught her how to move on while still honoring the love that endures. In this beautiful, honest, and intensely personal guidebook, Ty provides the insight and inspiration that every mourner needs to make it through this time of unrelenting emotional pain and sadness. Her deep compassion, understanding, and enlightening true stories will help readers along every step of their grieving journey, from the shock of discovery through anger, disbelief, and despair, and ultimately to acceptance and healing. We all grieve differently, but the pain of loss is universal. Things I Wish I Knew before My Mom Died can provide a reassuring voice, a helping hand, and a shining beacon of hope for anyone who is heartsick and suffering.

The Orphaned Adult

What do you do when you lose someone you love? What do you do when that someone is your mother? There is no correct answer to that question and somehow our natural instincts kick in and we find a way to go on. The thing about grieving is that nobody can tell you how to grieve. There is no right or wrong way and words, although they sometimes help, may never be enough. After losing my 48 year old mother when I was just 24 years old, I have found a way to live creatively with a bruised and broken heart and I hope my story will inspire you to do the same. In this book I will share my journey through life, love, loss, hope, and a reason to believe that even after losing someone we love tremendously, Life Still Goes On.

Mother Sun

To tell you how to use this workbook would be like giving you instructions on how to grieve. Impossible. The only thing we know for sure is that no two people will approach this work in
the same way. If there's one thing you should remember as you begin this process, it is this: You are not alone. With that knowledge, you've already begun to heal. --from A Mother Loss Workbook

Inspired by Hope Edelman’s bestselling Motherless Daughters, authors Diane Hambrook and Gail Eisenberg have created a sensitive, accessible workbook for women suffering the wounds of early mother loss. A Mother Loss Workbook is designed to help the motherless daughter tell the story she needs to tell--her story. Its varied exercises, open-ended questions, writing topics, and activities, drawn from Hambrook's years of work with motherless daughters, provide both careful direction and generous room for self-expression. This book is a safe place where no one will judge a woman, where the work she must do can be done in her own time, at her own pace, and at any stage of mourning. A Mother Loss Workbook is an ideal supplement for personal therapy and support groups, but it is an important--and perhaps the only--tool for women just starting their journey or who are hesitant to go public with their feelings. Whether a woman uses it privately or shares it with a group, no matter how long its been since her mother died, A Mother Loss Workbook will guide her toward fully understanding her loss and taking charge of her future.

I Am My Mother's Daughter

Years after her death Maria Callas remains one of the most renowned and compelling of all divas. Although much has been written about Callas the prima donna, the consummate stage magician, and the tragic lover of Aristotle Onassis, this is the first account of Maria the woman by someone who was close to her. Stancioff, a longtime friend, shares memories of the Maria who gave impromptu concerts of Beatles hits and Mexican ballads; of the Maria who starved herself to conform to the image of a celebrity but would go into rhapsodies about a plate of pasta. And to her own warm reminiscences, Stancioff adds the insights of Maria's friends, colleagues, and family. The figure that emerges is intriguing, infuriating, mystifying—and endlessly fascinating.

Maria Callas Remembered

Anger is a poison ivy in the heart and if it grows unchecked, it covers all the soft spaces where you love and understand and feel joy. There's power in anger, sure, a power that can help you survive. But true wisdom is in knowing when to let it go. In Still Waters, Jennifer Lauck continues the riveting true story begun in her critically acclaimed memoir, Blackbird. Clutching her pink trunk filled with secret treasures, the last relics of a lost childhood, twelve-year-old Jenny steps off a bus in Reno and straight into the wide-open future, where no path is certain except that of her own heart. Separated from her brother, Bryan, and passed from caretaker to caretaker, Jenny endures as she always has: by following the inner compass of the survivor. But when Bryan chooses a shocking, tragic destiny, Jenny must at last confront the secrets, lies, and loneliness that have held her prisoner for years. Embarking on a search for answers, the adult Jenny discovers that the past cannot be locked away forever -- even when unraveling one's own anger and pain seems an impossible feat. Now, in the warmth and understanding of her marriage, in the eyes of her child, and in powerful conversations with a dynamic young priest, Jennifer finds her own miracles. A hardened heart learns to love. A damaged soul finds peace. And life, once merely a matter of survival, becomes rich with the joys of truly living.

Life After Loss

Parentless Parents is the first book to show how the absence of grandparents impacts everything about the way mothers and fathers raise their children--from everyday parenting decisions to the relationships they have with their spouses and in-laws. For the first time in U.S. history, as the average age of women giving birth has increased significantly, millions of children are at risk of having fewer years with their grandparents than ever before. How has this substantial shift affected parents and kids? Journalist, award-winning television producer, and parentless parent Allison Gilbert has polled and studied more than 1,300 parentless parents from across the United States and a dozen other countries to find out.
Through her pioneering research, Gilbert not only shares her own story and the significant and poignant effect that this trend has had on her and hundreds of other families, but also the myriad ways these mothers and fathers have learned to keep the memory of their parents alive for their children, and to find the support and understanding they need.

**Motherless Daughters**

When Mom Dies: A Daughter's Unique Guide to Help Heal Grieving Hearts Today is a powerful and compassionate book filled with practical advice and encouragement for any and everyone who has lost their Mother. From the experience of dealing with day one of Mom’s death to breaking through extreme grief and sorrow when your Mother is your best friend, the author has penned a valuable, quick-read book that shares useful tips and offers valuable wisdom for coping with the loss of a Mother.WHEN MOM DIES INCLUDES CHAPTERS ON:** What To Do When Mom Dies?** 12 Simple Things You Can Do Right Now To Feel Better?** 31 Ideas to Encourage Your Healing Heart?** Helpful Resources to Consider?** The #1 Way You Can Honor Your Mother's Life & Legacy"WHEN MOM DIES delivers love, strength and compassion for our hearts -- for years to come." - FROM THE PREFACE

**The Wild Other**

"This groundbreaking work will give voice to an enormous population of women who are struggling to understand themselves in the face of their fathers' absence." --Claire Bidwell Smith, author of The Rules of Inheritance and After This When Motherless Daughters was published 20 years ago, it unleashed a tsunami of healing awareness. When Denna Babul and Karin Smithson couldn't find the equivalent book for fatherlessness, The Fatherless Daughter Project was born. The book will set fatherless women on the path to growth and fulfillment by helping them to understand how their loss has impacted their lives. A father is supposed to provide a sense of security and stability. Losing a father comes with particular costs that vary depending on the way he left and how old a girl was when she lost him. Drawing on interviews with over 5000 women who became fatherless due to death, divorce, neglect, and outright abandonment, the authors have found that fatherless daughters tend to push their emotions underground. These issues in turn become distinct patterns in their relationships as adult women and they often can't figure out why. Delivered with compassion and expertise, this book allows readers support and understanding they never had when they first needed it, and it encourages the conversation to continue.

**The Fatherless Daughter Project**

Spanning nearly 50 years of family history, the book chronicles the remarkable lives of two creative talents, Martin Sheen and Emilio Estevez. It's a story of father and son set against the backdrop of Hollywood; this narrative is organized around their physical and spiritual journey along the Camino de Santiago, Spain, the thousand-year-old pilgrimage path which traverses Galicia. It is the area from which Sheen's father emigrated to the U.S. and to which Estevez's own son has returned. Along the Way will focus not just on the lives these men have chosen as artists, but also (and most importantly) on the one they have lived together. It is a story of family bonds and artistic advances and setbacks; of good choices and hard choices; of opportunities lost and opportunities found. Sheen and Estevez will share what they have experienced and learned from each other in their forty eight years as father and son, as fathers of sons, as actors and director, as spiritual seekers, and as concerned citizens of the world. Readers will meet them as real people rather than icons, as two men who have accumulated decades of wisdom and insight they are now ready to share.