

***Unfinished Conversation: Healing from Suicide and Loss
A Guided Journey***

By Robert E. Lesoine and Marilynne Chöphel MFT

Readings to Support Your Journey to Healing

*Readings to Support Your Journey to Healing:
For Survivors and for Professionals Who Support Them*

Grieving and Healing from Suicide

Blair, Pamela and Brook Noel. 2008. *I Wasn't Ready to Say Goodbye: A Companion Workbook*. Naperville, IL: Sourcebooks.

Cobain, Beverly and Jean Larch. 2006. *Dying to Be Free: A Healing Guide for Families after a Suicide*. Center City, MN: Hazelden.

Heckler, Richard A. 1994. *Waking Up Alive: The Descent, the Suicide Attempt, and the Return to Life*. New York, NY: Ballantine Books.

Jamison, Kay Redfield. 1999. *Night Falls Fast: Understanding Suicide*. New York, NY: Random House.

Joiner, Thomas. 2010. *Myths About Suicide*. Cambridge, MA: Harvard University Press.

Joiner, Thomas. 2005. *Why People Die by Suicide*. Cambridge, MA: Harvard University Press.

Lesoine, Robert E. and Marilynne Chöphel, 2013. *Unfinished Conversation: Grieving After Suicide and Loss – A Guided Journey*. Berkeley, CA: Parallax Press.

Lukas, Christopher and Henry M. Seiden. 2007. *Silent Grief: Living in the Wake of Suicide*. Philadelphia, PA: Jessica Kingsley Publishers.

Myers, Michael F. and Carla Fine. 2006. *Touched by Suicide: Hope and Healing after Loss*. New York, NY: Gotham Books.

Ostaseski, Frank. 2003. *Being a Compassionate Companion*. 3-CD audio set. San Francisco, CA: Zen Hospice Project.

Rando, Therese A. 1988. *How To Go On Living When Someone You Love Dies*. Lexington, MA: Lexington Books.

Schwiebert, Pat and Chuck DeKlyen. 2006. *Tear Soup: A Recipe for Healing after Loss*. Portland, OR: Grief Watch.

Smolin, Ann and John Guinan. 1993. *Healing after the Suicide of a Loved One*. New York, NY: Simon & Shuster, Inc.

Sogyal Rinpoche. 1994. *The Tibetan Book of Living and Dying*. San Francisco, CA: HarperCollins.

Stillwater, Michael and Gary Remal Malkin. 2003. *Graceful Passages: A Companion for Living and Dying*. Book and 2-CD set. Novato, CA: New World Library.

Tatelbaum, Judy. 1980. *The Courage to Grieve: Creative Living, Recovery, and Growth through Grief*. New York, NY: Lippincott & Crowell, Publishers, Inc.

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Helping Children and Teens

- Dougy Center Collection. 2001. *After a Suicide: A Workbook for Grieving Kids*. Portland, OR: Dougy Center.
- Requarth, Margo. 2006. *After A Parent's Suicide: Helping Children Heal*. Sebastopol, CA: Healing Hearts Press.
- Rubel, Barbara. *But I Didn't Say Goodbye: Helping Children and Families After a Suicide*. 2009. Kendall Park, NJ: Griefwork Center, Inc.

Creating Wellbeing

- Arrien, Angeles. 2007. *The Second Half of Life: Opening the Eight Gates of Wisdom*. Boulder, CO: Sounds True.
- Baraz, James and Shoshana Alexander. 2010. *Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness*. New York, NY: Bantam Books.
- Beckwith, Michael Bernard. 2008. *Spiritual Liberation: Fulfilling Your Soul's Potential*. New York, NY: Atria Books.
- Brach, Tara. 2004. *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*. New York: Bantam.
- Brach, Tara. 2012. *True Refuge: Finding Peace and Freedom in Your Own Awakened Heart*. New York: Random House Publishing Group.
- Bridges, William. 2004. *Transitions: Making Sense of Life's Changes*. New York, NY: Da Capo Press.
- Chödrön, Pema. 2007. *How to Meditate: A Practical Guide to Making Friends with Your Mind*. CD audio set. Boulder, CO: Sounds True, Inc.
- Chödrön, Pema. 2010. *The Places That Scare You: A Guide to Fearlessness in Difficult Times*. Boston, MA: Shambala.
- Chödrön, Pema. 2006. *Practicing Peace in Times of War*. Boston, MA: Shambhala.
- Chödrön, Pema. 1997. *When Things Fall Apart: Heart Advice for Difficult Times*. Boston, MA: Shambhala Publications.
- Dalai Lama, His Holiness the. 1998. *The Art of Happiness: A Handbook for Living*. New York, NY: Penguin Group.
- Foster, Rick, and Greg Hicks. 1999. *How We Choose to Be Happy: The 9 Choices of Extremely Happy People—Their Secrets, Their Stories*. New York, NY: G. P. Putnam's Sons.
- Germer, Christopher K. 2009. *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York, NY: The Guilford Press.
- Graham, Linda. 2013. *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*. Novato, CA: New World Library.
- Hanson, Rick. 2009. *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*. Oakland, CA: New Harbinger Publications, Inc.

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Johnson, Stephen J. 2013. *The Sacred Path—The Way of the Spiritual Warrior: Journey to Mindful Manhood*. Woodland Hills, CA: Sacred Path Press.

Kabat-Zinn, Jon. 2009. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York, NY: Delta Trade Paperbacks.

Kabat-Zinn, Jon. 2012. *Mindfulness for Beginners: Reclaiming the Present Moment—and Your Life*. Boulder, CO: Sounds True, Inc.

Kabat-Zinn, Jon. 1994. *Wherever You Go, There You Are*. New York, NY: Hyperion Books.

Kornfield, Jack. 2011. *A Lamp in the Darkness: Illuminating the Path Through Difficult Times*. Boulder, CO: Sounds True.

Luskin, Fred. 2002. *Forgive for Good: A Proven Prescription for Health and Happiness*. New York, NY: HarperCollins.

Luskin, Fred. 2009. *Forgive for Love: The Missing Ingredient for a Healthy and Lasting Relationship*. New York, NY: Harper Collins.

Meade, Michael. 2010. *Fate and Destiny: The Two Agreements of the Soul*. Seattle, WA: GreenFire Press.

Nhat Hanh, Thich. 1987. *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*. Boston, MA: Beacon Press.

Nhat Hanh, Thich. 2011. *Reconciliation: Healing the Inner Child*. Berkeley, CA: Parallax Press.

Nhat Hanh, Thich. 2010. *Understanding Our Mind*. Berkeley, CA: Parallax Press.

Richmond, Lewis. 2012. *Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser*. New York, NY: Penguin Group.

Siegel, Daniel J. 2007. *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*. New York, NY: Norton & Company, Inc.

Somé, Malidoma Patrice. 1999. *The Healing Wisdom of Africa: Finding Life Purpose through Nature, Ritual, and Community*. New York, NY: The Penguin Putnam, Inc.

Healing from Trauma

Collins, Judy. 2007. *The Seven T's: Finding Hope and Healing in the Wake of Tragedy*. New York, NY: Penguin Group.

Cori, Jasmin Lee. 2007. *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life*. Cambridge, MA: Marlowe & Company.

Johnson, Susan. 2002. *Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds*. New York, NY: Guilford Publications, Inc.

Levine, Peter. 2005. *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body*. Book and CD set. Boulder, CO: Sounds True, Inc.

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Levine, Peter A. and Gabor Mate. 2010. *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. Berkeley, CA: North Atlantic Books.

Ogden, Pat, Kekuni Minton, and Clare Pain. 2006. *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*. New York, NY: W. W. Norton & Company.

Parnell, Laurel. 1997. *Transforming Trauma: EMDR—The Revolutionary New Therapy for Freeing the Mind, Clearing the Body, and Opening the Heart*. New York, NY: W. W. Norton & Company.

Schupp, Linda. 2004. *Assessing and Treating Trauma and PTSD*. Eau Claire, WI: Pesi Healthcare, LLC.

Shapiro, Francine. 2012. *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy*. Emmaus, PA: Rodale Books.

Siegel, Daniel J. and Marion Solomon. 2003. *Healing Trauma: Attachment, Mind, Body and Brain*. New York, NY: W. W. Norton & Company, Inc.

Thomas, Claude Anshin. 2006. *At Hell's Gate: A Soldier's Journey from War to Peace*. Boston, MA: Shambhala Publications.

Williams, Mary Beth and Soili Poijula. 2002. *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*. Oakland, CA: New Harbinger Publications.

An extensive list of books for healing from suicide loss is available through the following organizations that screen, review, and summarize the books listed:

American Association of Suicidology:

www.suicidology.org

Book List: <http://www.suicidology.org/web/guest/books-surviving>

American Foundation for Suicide Prevention:

www.afsp.org

Book List: <http://www.afsp.org/coping-with-suicide/where-do-i-begin/books-for-survivors>