**Reading and Resource List**

**Care for the Caregiver**

1. *A Nest in the Stream; Lessons from Nature on Being with Pain* by Dr. Michael Kearney
2. *Kitchen Table Wisdom* and *My Grandfather’s Blessings* by Dr. Racheal Naomi Remen
3. Dr. Alan Wolfelt’s work: [**www.centerforloss.com**](http://www.centerforloss.com)

Specific articles of interest are “The Mourner’s Bill of Rights”and “The Companioning Philosophy”

1. Dr. BJ Miller’s TED talk in Vancouver in 2015 titled “What Really Matters at the End of Life”

**Honoring the Mystery**

1. *Final Gifts* by Patricia Kelly and Maggie Callanan
2. *Visions, Trips, and Crowded Rooms* by David Kessler
3. *Death is But a Dream* by Dr. Christopher Kerr and Carine Mardorossian
4. *Words at the Threshold* by Lisa Smartt
5. *Glimpses of Eternity* by Dr. Raymond Moody

**Research:**

1. University of Virginia Divisions of Perceptual Studies [**https://med.virginia.edu/perceptual-studies/**](https://med.virginia.edu/perceptual-studies/)
2. Dr. Christopher Kerr’s TEDx talk in Buffalo titled “I See Dead People: Dreams and Visions of the Dying”
3. Dr. Joshua Black’s research on grief dreams. Link to his web site with pod cast series; [**www.griefdreams.ca**](http://www.griefdreams.ca)

**Other Resources**

<https://letsreimagine.org/>

Reimagine End of Life is a community-wide exploration of death and celebration of life through creativity and conversation. Drawing on the arts, spirituality, healthcare, and design, they spark experiences and festivals that break down taboos and bring diverse communities together in wonder, preparation, and remembrance.

This is a virtual platform that opens the dialogue to death and dying. There are many events that one can register for, many of which are free. Their current festival ‘’Reimagine: Life, Loss & Love’’ is a response to COVID-19.

The promotion for the free virtual presentation on men and grief is now live on the “Reimagine Death” web site. End-of-Life Educator and author, [Barbara Morningstar](https://www.inautumnscocoon.com/about-me) who lost her husband to cancer in 2008 and Grief Educator, [Garrick Colwell](https://kitchentableconversations.org/about-us) who lost his wife to cancer in 2019 will facilitate.

Here is the link:  <https://letsreimagine.org/3780/why-men-grieve-differently-and-how-to-support-them>

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|  | [Why Men Grieve Differently and How to Support Them](https://letsreimagine.org/3780/why-men-grieve-differently-and-how-to-support-them)  Men grieve differently than women. Their grief languages are not the same. Yet grief does not have to divide. We will explore the differences and learn practical, loving ways to support men in grief.  letsreimagine.org |

**David Kessler**   
Facebook or <https://grief.com/>

Grief and loss are some of the hardest and unknown terrain we will ever encounter. David’s mission is to help you navigate during this time in a way that releases the pain but honors the love. Follow the David Kessler Facebook page for helpful Facebook lives, inspiring content and tips on all kinds of losses.