

## **Coping with Holidays, New Grief and Parental Loss: The Three Best Books**

At some point in life, everyone will experience grief. During the holiday season, when everyone expects you to be happy or at least act happy and join in the festivities of the season, the added pressure and stress can make grieving even more difficult. Whether you're grieving the loss of a parent, spouse, child or other loved one, here are the three best books to get you through the next holiday season.

- 1. Smith, Harold Ivan. *A Decembered Grief: Living with Loss while Others Are Celebrating*.** Kansas City, MO: Beacon Hill Press, 1999.

This book, written from the Christian perspective, offers practical and simple advice through short chapters on how to approach the holidays and deal with difficult holiday situations.

**Amazon link:** [http://www.amazon.com/Decembered-Grief-Living-Others-Celebrating/dp/083411819X/ref=pd\\_bbs\\_sr\\_1?ie=UTF8&s=books&qid=1227114829&sr=8-1](http://www.amazon.com/Decembered-Grief-Living-Others-Celebrating/dp/083411819X/ref=pd_bbs_sr_1?ie=UTF8&s=books&qid=1227114829&sr=8-1)
- 2. Wolfelt, Alan D. *Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration during the Holiday Season*.** Fort Collins, CO: Companion Press, 2005.

This book, written by the director of the Center for Loss and Life Transition, offers grievers advice on a hundred various difficult issues surrounding loss and the holidays in a simple one-idea-per-page format.

**Amazon link:** [http://www.amazon.com/Healing-Your-Holiday-Grief-Celebration/dp/1879651483/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1227114886&sr=1-1](http://www.amazon.com/Healing-Your-Holiday-Grief-Celebration/dp/1879651483/ref=sr_1_1?ie=UTF8&s=books&qid=1227114886&sr=1-1)
- 3. Zonnebelt, Susan J. and Robert C. De Vries. *The Empty Chair: Handling Grief on Holidays and Special Occasions*.** Grand Rapids, MI: Baker Books, 2001.

*The Empty Chair* was written by a psychologist and a minister who both lost spouses. This book, written from the Christian perspective, blends the authors' personal experiences with loss and the holidays with spiritual and psychological guidance.

**Amazon link:** [http://www.amazon.com/Empty-Chair-Handling-Holidays-Occasions/dp/0801063779/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1227114956&sr=1-1](http://www.amazon.com/Empty-Chair-Handling-Holidays-Occasions/dp/0801063779/ref=sr_1_1?ie=UTF8&s=books&qid=1227114956&sr=1-1)

**Do you know anyone who has just lost a parent or anyone who is struggling to balance their life while assisting a newly widowed parent?** Steer them to [www.momminusdad.com](http://www.momminusdad.com) for a FREE report "Top Ten Tips for Busy Adults with a Newly Widowed Parent" by Jamieson Haverkamp, author of the 2008 *Writer's Digest Magazine's* award-winning book *Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent*, the only resource guide available for adults with a newly widowed parent that covers 10 major parent loss issues and lists and describes more than 500 useful resources.