



Webinar Resources from *Living with Traumatic Grief: 3 questions to guide your grief*

The majority of these resources are books, which you can easily source from Amazon.com

- ◆ BOOK: [Mindfulness and Grief: With Guided Meditations to Calm the Mind and Restore the Spirit \(Heather Stang\)](#)
 - ◆ BOOK: [Healing After Loss: Daily Meditations For Working Through Grief \(Martha Whitmore Hickman\)](#)
 - ◆ BOOK: [From Suffering to Peace: The True Promise of Mindfulness \(Mark Coleman\)](#)
 - ◆ BOOK: [Widen the Window: Training Your Brain and Body to Thrive During Stress and Recover from Trauma \(Elizabeth A. Stanley PhD\)](#)
 - ◆ BOOK: [Meditation Is Not What You Think: Mindfulness and Why It Is So Important \(Jon Kabat-Zinn\)](#)
 - ◆ BOOK: [Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster \(Linda Graham\)](#)
 - ◆ BOOK: [Finding My Way \(John M. Schneider\)](#)
- ◆ VARIOUS MATERIALS: [Health Journeys](#)
(www.HealthJourneys.com – search ‘grief’)