

Finding Your Way After The Suicide Of Someone You Love

Help and Hope for an Unexpected Journey
Do real Christians commit suicide? Yes, they do. And for those left behind, the journey following such a tragedy is unbearably painful. Finding Your Way after the Suicide of Someone You Love is a compassionate and practical guide that addresses the intensely personal issues of survivors of suicide (SOS). This gentle and faith-affirming resource helps survivors know what to expect, especially during the first year following a suicide. It includes personal stories of survivors and suggestions on how to move beyond survival to live life again. Designed for use by individuals, couples, and SOS groups, this book offers help for parents, siblings, friends, and extended families, as well as practical guidelines for pastors, Christian counselors, and other church leaders. Topics include: What to do in the immediate aftermath of a suicide Handling guilt and understanding the role of depression in suicides Dealing with questions of faith and meaning Creating a support system Choosing a Christian therapist Trusted resources and websites

Rev. Richard Gilbert has created a compassionate guide for those struggling with the loss of a parent. From the disorientation that can come immediately after death to healing old emotional wounds, the topics dealt with here will be of tremendous help to many.

Confusing words and practical ideas for living with loss. Everyone experiences grief differently after the loss of a loved one. Some people find solace in comforting quotes and warm words, while others feel a need to take action—to do something to memorialize their loss. And some benefit from both approaches. Here’s a path forward for you, no matter how you process your grief. Your Grief. Your Way features:
· Multiple ways to process grief: Find relief through short meditations, mindful reframings, journaling prompts, concrete actions, and more.
· A year of daily messages of comfort: Each page includes a quote and a short paragraph about grief along with a practical tip—something you can do to tend to your grief.
· Comfort and practicality in short spurts: Discover strength and support in these bite-size nuggets, since grief reduces the ability to focus.
· Quotes from a wide range of grievers: Take courage from the thoughtful words of people who have been in your shoes. Whether you’re looking for inspiration, a practical way to honor your loved one, or both. Your Grief. Your Way helps you navigate life after loss.

In this “volume of rare sensitivity, penetrating understanding, and profound insights” (Rabbi Earl A. Grollman, author of Living When a Loved One Has Died), Dr. Kenneth Doka explores a new, compassionate way to grieve, explaining that grief is not an illness to get over but an individual and ongoing journey. There is no “one-size-fits-all” way to cope with loss. The vital bonds that we form with those we love in life continue long after death—in very different ways. Grief Is a Journey is a first book to overturn prevailing, often judgmental, ideas about grief and replace them with a hopeful, inclusive, personalized, and research-backed approach. New science and studies behind Dr. Doka’s teaching upon the dominant but incorrect view that grief proceeds by stages. Dr. Doka helps us realize that our experiences following a death are far more individual and much less predictable than the conventional “five stages” model would have us believe. Common patterns of experiencing and expressing grief still prevail, yet many other life changes accompany a primary loss. For example, the deaths of parents, even for adults, modify family patterns, change relationships, and alter old family rituals. Unique to this book, Dr. Doka also explains how to cope with disenfranchised grief—the types of loss that are not so readily recognized or supported by society. These include the death of ex-spouses, as well as non-fatal losses such as divorce, the end of a friendship, job loss, or infertility. In addition, Dr. Doka considers losses that might be stigmatized, including death by suicide or from disease or self-destructive behaviors such as smoking or alcoholism. And finally, Dr. Doka reminds us that, however painful, grief provides opportunities for growth.

Finding Your Way Using Map, Compass, Altimeter, & GPS

Find Your Way to Feel-Good Work: Bullsh*t Free Advice to Help You Get After It

Hope for Grieving Adults

Dark Nights of the Soul

Proven Techniques for Finding Your Way After Any Loss

Finding Your Path Through Loss

Leadership for an Uncertain Time

Finding Your Way

Albert Y. Hsu wrestles with emotional and spiritual questions surrounding suicide, ultimately pointing survivors to the God who offers comfort in our grief and hope for the future. This revised edition now includes a discussion guide for suicide survivor groups.

Find comfort for grief and loss in this inspirational book. Eugenia Price, one of our most beloved inspirational writers, offers this simply written yet profoundly valuable book for anyone struggling through the loss of a loved one. She writes that the healing process comes first from the knowledge that accepting the loss does not mean we stop missing our loved one. Written simply and sensitively, Price demonstrates a sympathetic and hopeful view of the grieving process through insights into human nature and in her own experiences with death.

What does it mean to feel at home, truly present with ourselves, comfortable with our choices, and alive to the possibilities of conscious change? How can we develop inner balance and connection, keeping our boundaries clear while opening our hearts to those we love? With practical wisdom and insight, Melody Beattie addresses these questions, encouraging us to reach a higher level of living and loving, and showing us how to be at home with ourselves wherever we are in the world, at whatever stage of life. Through true stories and take-action exercises, including journaling, visualizations, affirmations, meditations, and prayers, Beattie provides the essential tools to help us discover our own sense of home. Accessible and illuminating, Finding Your Way Home is a soul-searching look at how not to be victimized by ourselves or other people. Beattie urges us to discover new levels of integrity, to break through barriers that have blocked us for too long. This is a powerful and challenging book about buying back our souls and learning to live a life guided by spirit.

Opening to Grief

Finding Your Personal Path to Healing after the Loss of a Loved One

Finding Your Way Through Grief

Finding Your Way Home

Grieving a Suicide

Getting Through the Night: Finding Your Way After the Loss of a Loved One

Chasing Vines

A Guide to Finding Your Way

"In Find your Way, you will discover the helpful, proven wisdom and deep care that I have experienced in working alongside Carly." --Henry Cloud, best-selling author of Boundaries
A perfect gift for graduates! No matter where you are in life, you are not yet all you will be. . . . At some point, virtually everyone finds themselves struggling to find their way in life. Perhaps you're just starting out and haven't yet found your personal or professional path. Maybe you've been plugging away for years, trying to live someone else's dream. Maybe you're outwardly successful but plagued by a nagging, soul-level sense of dissatisfaction. Carly Fiorina, who started as a secretary and later became the first female CEO of a Fortune 50 company, can help. Drawing on her own remarkable journey, and empirical evidence accumulated over four decades in the workplace, Carly will show you how to choose a path over a plan, use problems to propel yourself and your organization forward, overcome fear and procrastination, make smart decisions, and reclaim your power and use it for good. Carly Fiorina believes beyond a shadow of a doubt that your potential can be unleashed. In Find Your Way, she shows you the path to getting there.

A companion workbook to the bereavement classic.

What if . . . there is a road map to help guide you after your loss?What if . . . there is a destination for you after your loss?Grief, we often hear, has no road map or destination. The premise of this book is the opposite. Not only do each of us have our own unique destination in grief, we also have the ability to design a personalized road map to help get us there. Your destination is the journey to healing, to know and experience joy and happiness again as you begin to shape your new identity without your loved one.No matter how challenging or unimaginable your loss, this book is your invitation to design your road map to your new future.

* GPS chapter completely updated to reflect newer models and features of GPS receivers now available
* Expanded to include a section on routefinding on glaciers, along with additional information on changing declination
* Extensive illustrated examples of orientation and wilderness navigation
Proceed with confidence when heading off-road or off-trail with the second edition of Wilderness Navigation. Whether you are climbing a glacier, orienteering in the backcountry, or on an easy day hike, Mike and Bob Burns cover all the latest technology and time-tested methods to help you learn to navigate-from how to read a map to compasses and geomagnetism. Bob Burns is a long-time member of The Mountaineers. He has taught classes in the use of map and compass since the late 1970s. Mike Burns is an avid climber. He has instructed climbing and navigation classes, and written articles for Climbing magazine. Part of the The Mountaineers Outdoor Basics series! Created for beginning-to-intermediate enthusiasts, this series includes everything anyone would need to know about staying safe and having fun in the backcountry.

Claiming the Life You Were Meant to Live

Finding Your Way Along the Long Arc of Loss

When Will This Pain Ever End

Finding Your Way from Loss to Peace

A Weekend to Change Your Life

You Are Here (For Now)

The Grief Road Map

How to Navigate Life

Introduces the author’s step-by-step plan for identifying core desires and acting upon them to create successful, satisfying, and more fulfilling lives.

In this remarkable book, John Welshons weaves together his own personal awakening with those of others he’s counseled to create a deeply felt and beautifully expressed primer on dealing with grief. Grieving, says Welshons, offers a unique opportunity to develop deeper and fuller life experiences, to embrace pain in order to open the heart to joy. Written for those who have experienced any kind of loss — death, divorce, or disappointment — this book offers reasonable, reassessing thinking on dealing with the death of loved ones and ourselves, finding the inner gifts that promote healing, and much more. Awakening from Grief takes a rare and compelling positive look at a subject needlessly viewed as one of the most negative in life. This is a persuasive primer on drawing the joy out of grief.

Useful, instructive manual shows would-be explorers, hikers, bikers, scouts, sailors, and survivalists how to find their way outdoors by observing animals, weather patterns, shifting sands, and other elements of nature.

**Excellent and simple as clear as a needed glass of water in the desert. I cannot think of a better companion for our current time.” —Katy Butler, New York Times bestselling author of The Art of Dying
Well All of us experience loss. Some of us have lost a spouse, a child, a beloved pet, a dear friend, or a neighbor. In the pandemic, we have lost hundreds of thousands of lives in the US and around the world. Many of us have lost our livelihoods. All of us have lost our familiar routines and textures of work, family, and community. And the losses are not over. Opening to Grief is a companion to this tender time. With the demeanor and tone of a loving friend, the authors offer an invitation to grieve fully, to turn toward your emotions and experiences however they arise, and to follow your own path toward healing. The book explores the deep truth that grief and love are richly intertwined. Because we love, we grieve. And when we fully feel our sorrow, we open to loving ourselves and other beings more deeply.**

Finding Your Confidence, Embracing Your Skills, and Landing Your Dream Job After a Career Pause

Finding Your Way After Your Spouse Dies

The Wilderness of Suicide Grief

The New Science of Finding Your Way in School, Career, and Beyond

BROKEN COMPASS

Rediscover Joy After a Life-changing Loss

Finding Your Way After Miscarriage, Stillbirth, Or Infant Death

Finding Your Way to an Immensely Fruitful Life

Finding the Good in Grief is both a practical and inspirational guide that teaches readers to learn, change, and grow through their grief. In five stages, Baggett demonstrates how to: Trust God and rely on others Choose reality instead of illusion Resist the temptation to get stuck Recognize moments of grace Discover new meaning and purpose

Overcoming your pain–proven strategies for grief recovery
Coping with loss is difficult, but that doesn’t mean you have to suffer alone. Based on the scientifically proven acceptance and commitment therapy (ACT) approach, Moving Through Grief provides simple and effective techniques to help you get unstuck and start living a rich and fulfilling life again, even after loss. ACT is about embracing all aspects of your experience—including the painful parts—and committing to actions that will improve and enrich your life. Whether you’re dealing with the loss of a loved one, your health, home, or livelihood, this guide provides you with creative exercises that will help you work through your pain and reconnect with the things you love. Moving Through Grief includes:
Rediscover your life–Learn how you can show up for your life and experience joy and satisfaction, even as you still feel the pain of your loss.
Grief recovery toolbox–Discover how the six tools of ACT–values, committed action, acceptance, being present, cognitive defusion, and self-as-context–can expand your perspective and aid with the healing process.
Easy-to-use advice–Make real progress toward feeling like yourself again with straightforward exercises, such as identifying your values and setting realistic goals.
Find out how ACT can change the way you relate to your pain with Moving Through Grief

Rousing, bullsht*free advice for aspiring career changers
What is a careergasm? Does it feel as good as it sounds? You bet your ass it does. A Careergasm happens when your work feels good. Really good. Like a groovin’ Marvin Gaye song. Like you and your work belong together, and you can’t help coming back for more. But how do you get your mojo back when you’re in a passionless relationship with your job? In Careergasm, Sarah Vermont leads the way. This playful, empowering book for wannabe career changers is a rally cry, a shot of courage, and a road map charting the course to meaningful work. Filled with real stories about brave people making great stuff happen, this how-to book will help you step out of your career rut and into action. It is written with love and punctuated with laughter. The snorting kind. And the occasional F-bomb. It’s a warm hug and a kick in the ass followed by a straight-talking spitfire who walks the talk and has hundreds of thousands of people sharing her work online. It’s time to feel good again.

“This book aims to help you relearn your world . . . to help you navigate the grieving process as best you can—without hiding from your feelings or denying the reality, or significance, of your loss.” —from Resilient Grieving
The death of someone we hold dear may be inevitable; being paralyzed by our grief is not. A growing body of research has revealed our capacity for resilient grieving, our innate ability to respond to traumatic loss by finding ways to grow—by becoming more engaged with our lives, and discovering new, profound meaning. Author and resilience/well-being expert Lucy Hone, a pioneer in fusing positive psychology and bereavement research, was faced with her own inescapable sorrow when, in 2014, her 12-year-old daughter was killed in a car accident. By following the strategies of resilient grieving, she found a proactive way to move through her grief, and, over time, embrace life again. Resilient Grieving offers an empowering alternative to the five-stage Kübler-Ross model of grief—and makes clear our inherent capacity for growth following the trauma of a loss that changes everything.

The Five Ways We Grieve

Find Your Authentic Self After a Lifetime of Being All Things to All People

Finding the Good in Grief

A Guide to Finding Your Way Through Life’s Ordeals

Finding Your Way from Grief to Healing

Finding Your Way Back to God in an Age of Deconstruction

Ten Essential Touchstones for Finding Hope and Healing Your Heart

Careergasm

Explaining the important difference between grief and mourning, this book explores every mourner’s need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person’s grief unique and the many normal thoughts and feelings mourners might have. Questions of spirituality and religion are addressed as well. The rights of mourners to be compassionate with themselves, to lean on others for help, and to trust in their ability to heal are upheld. Journaling sections encourage mourners to articulate their unique thoughts and feelings.

Every human life is made up of the light and the dark, the happy and the sad, the vital and the deadening. How you think about this rhythm of moods makes all the difference. Our lives are filled with emotional tunnels: the loss of a loved one or end of a relationship, aging and illness, career disappointments or just an ongoing sense of dissatisfaction with life. Society tends to view these “dark nights” in clinical terms as obstacles to be overcome as quickly as possible. But Moore shows how honoring these periods of fragility as periods of incubation and positive opportunities to delve the soul’s deepest needs can provide healing and a new understanding of life’s meaning. Dark Nights of the Soul presents these metaphorical dark nights not as the enemy, but as times of transition, occasions to restore yourself, and transforming rites of passage, revealing an uplifting and inspiring new outlook on such topics as: • The healing power of melancholy • The sexual dark night and the mysteries of matrimony • Finding solace during illness and in aging • Anxiety, anger, and temporary insanities • Linking creativity, spirituality, and emotional struggles • Finding meaning and beauty in the darkness

*“Excellent and simple as clear as a needed glass of water in the desert. I cannot think of a better companion for our current time.” —Katy Butler, New York Times bestselling author of The Art of Dying
Well All of us experience loss. Some of us have lost a spouse, a child, a beloved pet, a dear friend, or a neighbor. In the pandemic, we have lost hundreds of thousands of lives in the US and around the world. Many of us have lost our livelihoods. All of us have lost our familiar routines and textures of work, family, and community. And the losses are not over. Opening to Grief is a companion to this tender time. With the demeanor and tone of a loving friend, the authors offer an invitation to grieve fully, to turn toward your emotions and experiences however they arise, and to follow your own path toward healing. The book explores the deep truth that grief and love are richly intertwined. Because we love, we grieve. And when we fully feel our sorrow, we open to loving ourselves and other beings more deeply.*

There is a way out of grief. It will take time, but the pain will lessen, and your heart will heal. You will survive, and this book shows you how.

Understanding Your Grief

Back to Business

Surviving

Finding Your Way After Your Parent Dies

A Soul Survival Kit

Resilient Grieving

I Wasn’t Ready to Say Goodbye Companion Workbook

Finding Your Own North Star

Are you tired of being told by others–self-help books included–what you should do? Drs. Allan Zuckoff and Bonnie Gorscak understand. That’s why this book is different. Whether it’s breaking an unhealthy habit, pursuing that dream job, or ending harmful patterns in relationships, the key to moving ahead with your life lies in discovering what direction is truly right for you, and how you can get there. The proven counseling approach known as motivational interviewing (MI) can help. Drs. Zuckoff and Gorscak present powerful self-help strategies and practical tools that help you understand why you’re stuck, break free of unhelpful pressure to change, and build confidence for developing a personal change plan. Vivid stories of five men and women confronting different types of challenges illustrate the techniques and accompany you on your journey. MI has a track record of helping people resolve long-standing dilemmas in a remarkably short time. Now you can try it for yourself--and unlock your own capacity for positive action.

Join bestselling author Beth Moore in her life-changing quest of vine-chasing–and learn how everything changes when you discover the true meaning of a fruitful, God-pleasing, meaning-filled life. God wants us to flourish. In fact, he delights in our flourishing. Life isn’t always fun, but in Christ it can always be fruitful. In Chasing Vines, Beth shows us from Scripture how all of life’s concerns–the delights and the trials–matter to God. He uses all of it to help us flourish and be fruitful. Looking through the lens of Christ’s transforming teaching in John 15, Beth gives us a panoramic view of biblical teachings on the Vine, vineyards, vine-dressing, and fruitfulness. Along the way you’ll discover why fruitfulness is so important to God–and how He can use anything that happens to us for His glory and our flourishing.

Nothing is for nothing. Join Beth on her journey of discovering what it means to chase vines and to live a life of meaning and fruitfulness. An inspiring spiritual book for every Christian.

This constructive guide offers much-needed information and clinically-tested advice for those struggling to cope in the aftermath of a suicide. Written in clear language, this book presents the facts and demonstrates how to deal with feelings of guilt, anger, bewilderment, and shame. Also included is an anniversary memorial service that enables family members to recommit themselves to life.

There is nothing you need more than the warm, reassuring voice of one who has traveled this path before . . . and survived after suffering the death of a spouse.Marta Felber offers just such a voice -- caring, hopeful, always pointing ahead to a tomorrow that will be a little easier than today. Having experienced her own spouse’s death, Felber is never glib or simplistic. She knows the grief her readers are feeling and she encourages them to give it full expression. At the same time, she offers sound, practical suggestions on how to navigate difficult days. This book shies away from none of the difficult issues of bereavement. Felber gently urges her readers toward careful, honest examination of the issues they face.

Finding Our Way

Finding Your Way after the Suicide of Someone You Love

Unleash Your Power and Highest Potential

A Guide for the First Year

Awakening from Grief

Finding Your Way Without Map or Compass

Your Grief, Your Way

Finding Strength and Embracing Life After a Loss That Changes Everything

*"In You Are Here (For Now), artist and author Adam J. Kurtz is vulnerable, wise and hilarious as he doles out advice and comfort to anyone who's really going through it." --BookPage
The national bestseller An honest and relatable guide to figuring out where you’re headed—and feeling okay in the meantime. When life feels uncertain, or just plain out of control, making intentional choices can help us move forward and find our way. Sometimes all it takes is a gentle nudge, but for anyone waiting for that big, obvious sign from the universe: This is it! This candid collection of essays and artwork is full of reflections, encouragement, and insights on the theme of personal transformation—realistic perspectives to help you move from “staying alive” to nurturing and celebrating the person you know you really are. From the generous and slightly jaded mind of artist Adam J. Kurtz, these pages explore mental health, identity, handling setbacks, and finding humor in the unknown—and will be a touchstone for seekers, graduates, creatives, and anyone who’s trying to figure out what’s next (and maybe even feel a little hopeful about it).*

After your faith has fractured, let what takes its place be the real thing . . . at last. Somewhere along the way, the Christianity you knew began to crumble. You began to suspect your faith was misplaced. Disillusionment set in. Churches hurt you. Their people failed you. Christian institutions were exposed as fake. And in it all, God was silent. Is He gone? Or is God really there, waiting for you to find Him instead of the counterfeits? If you’re walking this difficult spiritual path, Lina Abujarma understands you. After experiencing the near deconstruction of her own faith, Lina had to rebuild something more solid when the faith she once knew let her down. With her diagnostic style that comes from her training as an ER doc, Lina helps you grapple with questions like: Where is God in my pain? Is this how Christians are supposed to act? Why did my story end up this way? Is this the normal Christian life? Why is it so hard for Christians to love? Let Fractured Faith help you find your way back to God. You just might discover that the real God has been waiting for you all along.

The best-selling author of A Year by the Sea and A Walk on the Beach explains how women can identify one’s authentic self, providing insights and step-by-step techniques to help women move beyond the roles they play in relationships to others to reclaim their individuality, nurture long-neglected talents, revitalize personal goals, and redefine oneself. Reprint. 40,000 first printing.

An essential guide to tackling what students, families, and educators can do now to cut through stress and performance pressure, and find a path to purpose. Today’s college-bound kids are stressed, anxious, and navigating demands in their lives unimaginable to a previous generation. They’re performance machines, hitting the benchmarks they’re “supposed” to in order to reach the next tier of a relentless ladder. Then, their mental and physical exhaustion carries over right into first jobs. What have traditionally been considered the best years of life have become the beaten-down years of life. Belle Liang and Timothy Klein devote their careers both to counseling individual students and to cutting through the daily pressures to show a better way, a framework, and set of questions to find kids’ “true north”: what really turns them on in life, and how to harness the core qualities that reveal, allowing them to choose a course of study, a college, and a career. Even the gentlest parents and teachers tend to play into pervasive societal pressure for students to PERFORM. And when we take the foot off the gas, we beg the kids to just figure out what their PASSION is. Neither is a recipe for mental or physical health, or, ironically, for performance or passion. How to Navigate Life shows that successful human beings instead tap into their PURPOSE—the why behind the what and how. Best of all, purpose is a completely translatable quality to every aspect of life, from first jobs to last jobs and everything in between.

Moving Through Grief

Surviving, Coping and Healing After the Sudden Death of a Loved One

A Year of Practical Guidance and Comfort After Loss

The AfterGrief

Understanding Your Suicide Grief

Finding Your Road and Life After Loss

A Loved One’s Search for Comfort, Answers, and Hope

Fractured Faith

Written by a psychologist who experienced two pregnancy losses herself, At a Loss offers thirty essays on the thoughts, feelings, and struggles that come along with losing a pregnancy or baby.

A validating new approach to the long-term grieving process that explains why we feel “stuck,” why that’s normal, and how shifting our perception of grief can help us grow—from the New York Times bestselling author of Motherless Daughters
“This is perhaps one of the most important books about grief ever written. It finally dispels the myth that we are all supposed to get over the death of a loved one.”—Claire Bidwell Smith, author of Anxiety: The Missing Stage of Grief
Aren’t you over it yet? Anyone who has experienced a major loss in their past knows this question. We’ve spent years fielding versions of it, both explicit and implied, from family, colleagues, acquaintances, and friends. We recognize the subtle cues—the slight eyebrow lift, the soft, startled “Oh! That long ago?”—from those who wonder how an event so far in the past can still occupy so much precious mental and emotional real estate. Because of the common but false assumption that grief should be time-limited, too many of us believe we’re grieving “wrong” when sadness suddenly resurges sometimes months or even years after a loss. The AfterGrief explains that the death of a loved one isn’t something most of us get over, get past, put down, or move beyond. Grief is not an emotion to pass through on the way to “feeling better.” Instead, grief is in constant motion: it is tidal, easily and often reactivated by memories and sensory events, and is re-triggered as we experience life transitions, anniversaries, and other losses. Whether we want it or not, grief gets folded into our developing identities, where it informs our thoughts, hopes, and behaviors, and fears, and we inevitably carry it forward into everything that follows. Drawing on her own encounters with the ripple effects of early loss, as well as on interviews with dozens of researchers, therapists, and regular people who’ve been bereaved, New York Times bestselling author Hope Edelman offers profound advice for reassessing loss and adjusting the stories we tell ourselves about its impact on our identities. With guidance for finding a way to grief, finding equilibrium within it, and even experiencing renewed growth and purpose in its wake, she demonstrates that though grief is a lifelong process, it doesn’t have to be a lifelong struggle.

For anyone who has experienced the suicide of a loved one, coworker, neighbor, or acquaintance and is seeking information about coping with such a profound loss, this compassionate guide explores the unique responses inherent to their grief. Using the metaphor of the wilderness, the book introduces 10 touchstones to assist the survivor in this naturally complicated and particularly painful journey. The touchstones include opening to the presence of loss, embracing the uniqueness of grief, understanding the six needs of mourning, reaching out for help, and seeking reconciliation over resolution. Learning to identify and rely on each of these touchstones will bring about hope and healing.

Back to Business makes returning to the workforce accessible for anyone who believes that finding a decent job after taking a career break is impossible. When on the hunt for a job, make sure your LinkedIn profile is just as polished and updated as your resume. If you aren't getting responses from recruiters, chances are your profile is missing pertinent keywords that bots aren't selecting. In addition, dress codes have changed too, so you'll need to know new technologies such as Slack and Google+ Hangouts. If you have no idea what any of this means, YOU'RE NOT ALONE. You're one of the forty-five percent of women who, after taking a career break, quickly discovered that the job search has changed rapidly in the last decade. With new modes of communication, rules of discoverability and expectations, this book lays out a clear path to hunt for and enter the workforce. Getting started is much easier when you know what the first step should be. In Back to Business, career coaching and re-entry experts Nancy McSharry Jensen and Sarah Duenwald, have put together a guide for women returning to the workplace. Practical and easy to understand, Back to Business teaches you how to identify and talk about what you want. Understand your personal brand and how your skills translate to your new career. Become professionally relevant and gain

confidence in returning to the workforce. Look for job opportunities while being productive and intentional with your time. Nancy and Sarah understand through first-hand experience the anxiety of returning to work. They have helped hundreds of women facing the job search process to overcome the anxiety of what is often overwhelming life change.

How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There

Grief Is a Journey

At a Loss

Wilderness Navigation

Finding Your Way to Change

A Guide to Finding Your Way Out of the Depths of Despair After Profound Grief and Loss

Find Your Way

Finding the Way Back to Joy

In this new approach to understanding the impact of grief, Susan A. Berger goes beyond the commonly held theories of stages of grief with a new typology for self-awareness and personal growth. She offers practical advice for healing from a major loss in this presentation of five basic ways, or types, of grieving. These five types describe how different people respond to a major loss. The types are: • Nomads, who have not yet resolved their grief and don't often understand how their loss has affected their lives • Memorialists, who are committed to preserving the memory of their loved ones by creating concrete memorials and rituals to honor them • Normalizers, who are committed to re-creating a sense of family and community • Activists, who focus on helping other people who are dealing with the same disease or issues that caused their loved one's death • Seekers, who adopt religious, philosophical, or spiritual beliefs to create meaning in their lives Drawing on research results and anecdotes from working with the bereaved over the past ten years, Berger examines how a person's worldview is affected after a major loss. According to her findings, people experience significant changes in their sense of mortality, their values and priorities, their perception of and orientation toward time, and the manner in which they "fit" in society. The five types of grieving, she finds, reflect the choices people make in their efforts to adapt to dramatic life changes. By identifying with one of the types, readers who have suffered a recent loss—or whose lives have been shaped by an early loss—find ways of understanding the impact of the loss and of living more fully.

Presenting the idea of wilderness as a sustained metaphor for grief, this compassionate guide explores the unique responses inherent to the grief felt by those who have experienced the suicide of a loved one and offers information about coping with such a profound loss. Likening the death of a loved one to the experience of being wrenched from normal life and dropped down in the middle of nowhere, the handbook employs 10 touchstones, or trail markers, that survivors use to begin to make their way through the new landscape. Each touchstone gently guides readers through the entire grieving process and includes topics such as dispelling misconceptions regarding suicide, exploring feelings, and embracing the uniqueness of a loss.

After Suicide