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**Lending Library**

**Voices of Healing & Hope**

**Conversations on Grief after Suicide**

**Iris Bolton** – 1 Copy

 *“Iris Bolton’s* ***Voices of Healing and Hope: Conversation on Grief after Suicide*** *builds on her first book by sharing the stories of individuals who have lost a loved one to suicide. Through the diverse narratives, Bolton demonstrates that readers are not alone as they conform complex feelings of guilt, pain, shame, anger, and fear that accompany such profound loss. Sensitive, practical, and authentic, Bolton’s book, along with the companion DVD that includes verbatim interviews, is a powerful tool for those seeking healing.” Rosalynn Carter: Former First Lady*

**Still With Us**

**Voices of Sibling Suicide Loss Survivors**

**Edited by Lena M.Q. Heilmann**  – 1 Copy

“*Lena Heilmann lost her sister, Danielle, to suicide in 2012. Experiencing the enormous weight of grief, she reached out to other sibling suicide loss survivors to find comfort, healing, and connection.* ***Still With Us*** *contains 23 stories of sibling suicide loss survivors who, after experiencing devastating losses, navigated through their grief and found a path forward.”*

**Do They Have Bad Days In Heaven**

**Michelle Linn-Gust, PH.D.** – 1 Copy

*“Provides both basic information about suicide loss and its aftermath but also details of the personal experience of this loss. The focus of the suicide loss described is on a group of bereaved often referred to as forgotten mourners – the siblings of a suicide. Michelle provides practical physical, emotional, and social recommendations and activities for sibling survivors as they grieve, heal, and survive in the aftermath. This highly recommended and helpful book that should be read by sibling survivors, their families, and those who support and assist them in their loss and grief.” John McIntosh, Ph.D., Professor Emeritus of Psychology, Indiana University South Bend*

**Must Be the Witches in Heaven**

**An irreverent guide for knowing what to say after someone dies by suicide**

**Heidi Bryan**– 2 Copies

*“Grief after suicide is unique and complicated, shrouded in mystery, shame, and stigma. Many people are uncomfortable around the topic and as a result, have no idea how to help a friend or relative who has just lost someone to suicide. Having survived her brother Jeff’s suicide, Heidi Bryan experienced firsthand the awkwardness and stigma people felt. Demonstrating that humor does have a place in grief and laughter is possible after losing someone to suicide, she shows the reader what is and what isn’t helpful to the friends and family members. Short and easy to read, this book is valuable resource.”*

**Diary of a Broken Mind**

**A Mother’s Story, A Son’s Suicide, And The Haunting Lyrics He Left Behind**

**Anne Moss Rogers with Charles Rogers** – 3 Copies

*“Anne and her late son Charles bring tragedy, hope, and healing through the pages of Diary of a Broken Mind. The unimaginable pain and suffering that countless American families go through as a result of a loved one’s addiction and suicide is real. Through the lens of her son’s musical lyrics, Anne Moss Rogers explores the question these families ask themselves…Why? And throughout the process, we all learn how to find purpose – even through some of our darkest moments.” Ryan Hampton, Author*

**Emotionally Naked**

**A Teacher’s Guide to Preventing Suicide and Recognizing Students at Risk**

**Anne Moss Rogers and Kimberly H McManama O’Brien, PhD, LICSW** – 2 Copies

*Help save lives with this essential resource on suicide prevention in schools. Perfect for teachers, counselors, coaches, parents, and administrators in schools,* ***Emotionally Naked: A Teacher’s Guide to Preventing Suicide and Recognizing Students at Risk*** *highlights the tools, resources, and ideas that fuel small culture shifts for a foundation suicide prevention.*

*Since teachers oversee millions of adolescents nationwide, their observations, instincts, and relationships make them a vital first link between students, the school counseling team, their parents, and mental health resources. This book covers key strategies for prevention, intervention, and postvention, emphasizing student wellness, social emotional learning, and collaboration among educators at all levels.*

**Suicide The Forever Decision**

**A Therapy of Hope**

**Paul G. Quinnett** – 1 Copy

*For Those Thinking About Suicide, and For Those Who Know, Love, or Counsel Them*

**Counseling Suicidal People**

**Paul G. Quinnett** – 1 Copy

*This book is designed and written for the non-expert in clinical suicidology, and includes recent advances in the understanding of suicide and the current best practices for helping suicidal people. This book provides the therapist, counselor, social worker, nurse, pastor, mental health professional, or other provider with a ready-to-use, hands-on, practical set of tools for suicide intervention. Since hopelessness is the most common psychological state of those considering suicide – and may be the most important factor in predicting a self-destructive act – this book focuses on changing hopelessness into hope.*

**The Kissing Hand – *Donated In Memory of Eve Frances Lieberum***

**Audrey Penn** – 1 Copy

*“The Kissing Hand is a story for any child who confronts a difficult situation, and for the child within each of us who sometimes needs reassurance. Its gentle text and vibrant illustrations reminded me of the classic children’s books I enjoyed with my own children, and left me with the warm, wonderful feeling that is the test of a true children’s classic.” Jean Kennedy Smith*

**The Invisible String – *Donated In Memory of Eve Frances Lieberum***

**Patrice Karst** – 1 Copy

*This joyful contemporary classic for all ages has helped comfort and heal countless readers by easing separation anxiety, loneliness, and loss, while also exploring the intangible yet unbreakable connections between us all.*

**The Next Place – *Donated In Memory of Eve Frances Lieberum***

**Warren Hanson** – 1 Copy

*The Next Place is an inspirational journey of light and hope to a place where earthly hurts are left behind. An uncomplicated journey of awe and wonder to a destination without barriers. Lose yourself in the uplifting sense of comfort and serenity. Embrace the joyful spirit of oneness. Then pour yourself into the lives of those you love. The Next Place is, above all, a celebration of life. Hear the music. Feel the warmth. And be carried away along life’s everlasting flight.*

**Suicide in Schools – *Donated In Memory of Mason Hughes***

**A practitioner’s guide to multi-level prevention, assessment, intervention, and postvention.**

**Terri A. Erbacher, Jonathan B. Singer, and Scott Poland** – 1 Copy

*The School –Based Practice in Action Series provides practitioners with concise practical guidebooks tat are designed to facilitate the implementation of evidence-based programs into school settings. “This book provides the exact kind of practical information school staff need to know, from how to tell a parent his or her child is contemplating a suicidal act to what the school staff member’s responsibility is to the child, the parent, and to the community to address suicidal risk.*

**His Bright Light – *Donated In Memory of Mason Hughes***

**The Story of Nick Traina**

**Danielle Steel** – 1 Copy

*“This is a story of an extraordinary boy with a brilliant mind, a heart of gold, and a tortured soul. It is the story of an illness, a fight to live, and a race against death.” “I want to share the story, and the pain, the courage, the love, and what I learned in living through it. I want Nick’s life to be not only a tender memory for us, but a gift to others… I would like to offer people hope and the realities we lived with. I want to make a difference. My hope is that someone will be able to use what we learned, and save a life with it.” -Danielle Steel*

**Dying to Be Free – *Donated In Memory of Heidi Yahr Sultanov***

**A Healing Guide for Families after a Suicide**

**Beverly Cobain and Jean Larch** – 1 Copy

*With extraordinary courage and compassion, Beverly Cobain and Jean Larch break through dangerous silence, complicated emotions, and brutal stigma to offer this gentle, healing guide for family members who have lost a loved one to suicide. Cobain’s achingly honest personal account, along with tender recollection from other suicide survivors, provide powerful insight into the confusion, fear, and guilt that family members experience. “This book is a masterpiece for the survivors of suicide and those who care about them.” –David Satcher, M>D>, Ph.D., 16th U.S. Surgeon General*

**When the Bough Breaks – *Donated In Memory of Wilma Yahr***

**Forever After The Death Of A Son Or Daughter**

**Judith R. Bernstein, Ph.D.** – 1 Copy

*A poignant and sensitive book that offers bereaved parents the comfort of learning how others have navigated this rutted road. It is the first book to assess the enduring consequences of loss and the first to shed light on the evolution in values, perceptions, and relationships that follow the death of a child. With great honesty and empathy, it acknowledges that no family ever “recovers” from this tragedy, but rather adapts to a life irretrievably altered.*

**MY SON… MY SON… – *Donated In Memory of Wilma Yahr***

**A Guide to Healing After Death, Loss, or Suicide**

**Iris Bolton with Curtis Mitchell** – 1 Copy

*“This book has a priceless message for every person who cares for others. If the reader has sustained a loss – the message is one of realistic hope, of reassurance of practical emotion, support and healing. Iris Bolton’s book is courageous, forthright and to the point.” –Jerome A. Motto M.D. Professor of Psychiatry, University of California*

*“Joan Rivers suggested that I read Iris’ book after the death of my son. Few things have meant more to me during my grief and my journey toward recovery. The book MY SON… MY SON… gave me the hope that I too could survive, recover and go on.” –Judy Collins*

**Recovering from the LOSS of a Sibling – *Donated In Memory of Heidi Yahr Sultanov***

**Katherine Fair Donnelly** – 1 Copy

*A book of hope and healing. Recovering From the Loss of a Sibling is the first book for those who have experienced the death of a brother or sister. It addresses the many questions, fears and feelings of surviving siblings of all ages. These intimate, true stories provide valuable insight, demonstrating that the reader is not alone and that others have gone through this devastating experience and have survived. In these pages, sisters and brothers share their innermost feelings, wanting others to gain comfort from their experiences.*

**The Woman’s Book of Courage**

**Meditations for Empowerment & Peace of Mind**

**Sue Patton Thoele** – 1 Copy

*In this revised collection, loving reflections provide wisdom and encouragement to help overcome anxiety, gain self-esteem, and improve relationships. They may be used over and over for women in transition or recovery and those wishing to enhance personal power.*

**The Woman’s Book of Confidence**

**Meditations for Trusting & Accepting Ourselves**

**Sue Patton Thoele** – 1 Copy

*Learn to be your own best friend. In this supportive collection of meditations, Sue Patton Thoele, bestselling author of The Woman’s Book of Courage, helps women trust themselves emotionally and spiritually. Designed to be used daily, these encouraging meditations will assist you in creating a strong safety net, befriending fear, parenting yourself, embracing no-fault living, inviting abundance, and trusting your intuitive feminine wisdom.*

**Many Lives, Many Masters**

**Brian L. Weiss, M.D.** – 4 Copies

*The true story of a prominent Psychiatrist, his young patient, and the past-life therapy that changed both their lives.*

**Miracles Happen**

**The Transformational Healing Power of Past-Life Memories**

**Brian L. Weiss, M.D.** **and Amy E. Weiss, LCSW** – 4 Copies

*A leader in the field of past-life therapy and the author of* ***Many Lives, Many Masters****, Dr. Weiss has helped thousands connect with their past lives and experience tremendous healing. In* ***Miracles Happen****, Weiss, along with his daughter, Amy, shares these remarkable real-life stories to reveal how getting in touch with our past lives can improve our current lives, further evolve our spiritual paths, and help us live each day with greater purpose.*

**If you are interested in reading any of the books listed above, please contact the Ray of Hope Coordinator, Lisa Goldberg, at 724-875-2415 or via email** **egoldberg@mhaswpa.org****. Books can be signed out for a period of 30 days and must be picked up and returned at 409 Coulter Ave, Greensburg, PA 15601. If the book is not returned in a timely manner, you will be sent an invoice for the cost of the book.**