

watching mother die, grief and loss mother, coping with parent death, end of life care parent, witnessing a loved one's passing

Watching Momma Die

[#watching mother die](#) [#grief and loss mother](#) [#coping with parent death](#) [#end of life care parent](#) [#witnessing a loved one's passing](#)

Witnessing a mother's passing is an intensely profound and often traumatic experience that leaves an indelible mark. This piece explores the complex emotions, deep grief, and challenges faced when watching a loved one die, offering insights into coping mechanisms and the path toward healing after such a significant loss.

Every document is formatted for clarity, precision, and easy citation.

We appreciate your visit to our website.

The document Witnessing A Mother Die is available for download right away.

There are no fees, as we want to share it freely.

Authenticity is our top priority.

Every document is reviewed to ensure it is original.

This guarantees that you receive trusted resources.

We hope this document supports your work or study.

We look forward to welcoming you back again.

Thank you for using our service.

This document is highly sought in many digital library archives.

By visiting us, you have made the right decision.

We provide the entire full version Witnessing A Mother Die for free, exclusively here.

I'm Glad My Mom Died

*** #1 NEW YORK TIMES BESTSELLER * #1 INTERNATIONAL BESTSELLER * MORE THAN 2 MILLION COPIES SOLD!** A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In *I'm Glad My Mom Died*, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called *iCarly*, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse when, soon after taking the lead in the *iCarly* spinoff *Sam & Cat* alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, *I'm Glad My Mom Died* is an inspiring story of resilience, independence, and the joy of shampooing your own hair.

Watching Momma Die

Watching Momma Die is a true story telling not only the heartache and sadness but also the hope that takes place as the journey toward the end of life occurs. It is a story that tells of the guts it take to stand beside someone you love, watching, unable to postpone or stop the process of death in the lives of those affected. Watching Momma Die is written to touch those who have or will experience a

similar situation, especially the love between mothers and daughters. This story is about love, hope and surrender in the months, weeks, days and final hours of the life a life giver, giving hers up. It is written in the hope that others may find comfort and peace as they too face this inevitable journey in life. No matter the title or name, Mom, Mother, Momma, Watching Momma Die is a story of the ties that bind us all together and a love that endures past, present and forever.

Things I Wish I Knew Before My Mom Died

Coping With Loss The grieving process: Ty Alexander of Gorgeous in Grey is one of the top bloggers today. She has a tremendous personal connection with her readers. This is never more apparent than when she speaks about her mother. The pain of loss is universal. Yet, we all grieve differently. For Alexander, the grieving process is one that she lives with day-to-day. Learning from her pain, Alexander connects with her readers on a deeply emotional level in her debut book, *Things I Wish I Knew before My Mom Died: Coping with Loss Every Day*. From grief counseling to sharing insightful true stories, Alexander offers comfort, reassurance, and hope in the face of sorrow. **Coping with loss:** In her early 20's reality smacked Ty in the face. She was ill equipped to deal with the emotional and intellectual rollercoaster of dealing with her mom's illness. Through her own trial and error, she found a way to be a caregiver, patient advocate, researcher, and a grieving daughter. She wrote *Things I Wish I Knew before My Mom Died: Coping with Loss Every Day* to help others find the "best" way to cope and move on, however one personally decides what that means. **Mourning and remembrance:** In the chapters of this soul-touching book, mourners will find meaning and wisdom in grieving and the love that will always remain. Each chapter is a study and lesson in coping with loss: • Chapter 1: We've been duped, everyone dies! • Chapter 2: The truth about my moderately dysfunctional family • Chapter 3: The Art Of Losing • Chapter 4: The how of grieving • Chapter 5: How to be obsessively grateful • Chapter 6: Dear Mama

Healing Where You Hurt ... On the Inside

This book is a real blessing to the many hurting people who have learned to survive but are not free and are not experiencing the abundant life. It provides the framework for understanding and cooperating with God in the inner healing He wants to work in our emotions. It will help bring us into freedom to love Him, ourselves and each other and to experience the peace that passes all understanding. Praise God!!!" Col. Ted Jensen, USAF Colorado Springs, CO

My Mom Died and I'm Okay

Now nothing could stop it...her mom was going to die. Keilman gives an honest and endearing account of her life's path through the dying process. It is sad, funny, real...a story you can truly relate to. Woven with the threads of emotional despair and eventual triumph, Keilman's ability to share her experiences will keep you reading. As she ventures through her own emotional junkyard, she stumbles across some enlightening and empowering life lessons – the ones which would help her overcome her grief. Based on a true story, *my mom died and I'm okay* touches the heart. Although it deals with end-stage cancer, the concepts apply to many illnesses. It makes the heavy soul lighter; it gives the outsider a better understanding; it is a great read for those touched by the dying process, whether up close or at a distance.

Watch Mommy Die

In The Hands Of A Sadist. . . First, he bound and beat his girlfriend, a 43-year-old librarian. Then he went after her teenaged daughter--warning her, "Scream and I will kill you both"--before knocking her unconscious. When the teenager awoke, he proceeded to rape her. And in a final horrifying act of depravity, he forced the girl to watch as he slit her mother's throat. But the killing didn't stop there. . . **In The Crosshairs Of A Killer.** . . Stephen Stanko was described as "a perfect gentleman" who "seemed so pleasant. . .and so normal." But behind Stanko's mild-mannered appearance, round spectacles, and quiet intelligence was a coldblooded ex-convict who kept a grisly scrapbook on serial killers--and convinced everyone he was a nice guy--until he killed and killed again. **On The Trail Of A Psycho.** . . A well-orchestrated manhunt caught up with Stanko, who tried to get away with his crimes by pleading insanity. But the jury saw through his ruse and the ruthless killer was sentenced to death. **Case Seen On 48 Hours Includes 16 Pages of Shocking Photos**

The Dead Moms Club

Kate Spencer lost her mom to cancer when she was 27. In *The Dead Moms Club*, she walks readers through her experience of stumbling through grief and loss, and helps them to get through it, too. This isn't a weepy, sentimental story, but rather a frank, up-front look at what it means to go through gruesome grief and come out on the other side. An empathetic read, *The Dead Moms Club* covers how losing her mother changed nearly everything in her life: both men and women readers who have lost parents or experienced grief of this magnitude will be comforted and consoled. Spencer even concludes each chapter with a cheeky but useful tip for readers (like the "It's None of Your Business Card" to copy and hand out to nosy strangers asking about your passed loved one).

The Long Goodbye

Meghan O'Rourke was thirty-two when her mother died of cancer on Christmas Day, 2008. As a writer, even in the depths of her grief, she was fascinated by what she observed of herself in the aftermath: the rage she felt, not only at what had happened to her mother, but also at the inability of people to acknowledge her pain; her sense that the meaning of her life had changed fundamentally with the loss of a parent; the way that the reassuringly familiar often became somehow completely new and strange. *The Long Goodbye* interleaves personal recollections of her much-loved mother with an examination of what it means to grieve in a society which no longer has the rituals - or even, most of the time, the desire - to engage with grief, to understand it, and to let it do both its worst - and its best.

When Mike's Mom Died

Although this book deals with the story of Mike's mother dying of breast cancer it is still a life-affirming story, in which you will follow her mother's illness and death from a child's point of view. Although what we are most sure of in life is death, many adults find it difficult to relate to death let alone talk about death. As if that were not enough, then adults almost turn traumatic when they are going to tell children about serious illness and death. They dance like the proverbial cat around the warm porridge. Although this book deals with the story of Mike's mother dying of breast cancer when it is still a life-affirming story, which will follow her mother's illness and death from a child's hand. Although we are most sure of in life is death, so many people on our adults find it difficult to relate to it let alone talk about death. As if that were not enough, then adults almost turn traumatic when they are going to tell children about serious illness and death. They dance like the proverbial cat around the warm porridge.

An Orphan's Tale

Fifteen-year-old Ruby Milliken leaves her best friend, her boyfriend, her aunt, and her mother's grave in Boston and reluctantly flies to Los Angeles to live with her father, a famous movie star who divorced her mother before Ruby was born.

One of Those Hideous Books Where the Mother Dies

Ollie talks about the feelings that he has been having since the death of his mother. Includes information for caregivers.

Molly's Mom Died

ONE OF BARACK OBAMA'S FAVOURITE BOOKS OF 2021 From the indie rockstar Japanese Breakfast, an unflinching, powerful, deeply moving memoir about growing up mixed-race, Korean food, losing her Korean mother, and forging her own identity. In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and guitarist. With humor and heart, she tells of growing up the only Asian-American kid at her school in Eugene, Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence; of treasured months spent in her grandmother's tiny apartment in Seoul, where she and her mother would bond, late at night, over heaping plates of food. As she grew up, moving to the east coast for college, finding work in the restaurant industry, performing gigs with her fledgling band-and meeting the man who would become her husband-her Koreanness began to feel ever more distant, even as she found the life she wanted to live. It was her mother's diagnosis of terminal pancreatic cancer, when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother had given her. Vivacious and plainspoken, lyrical and honest, Michelle Zauner's voice is as radiantly alive on the page as it is onstage. Rich with intimate anecdotes that will resonate widely, *Crying in H Mart* is a book to cherish, share, and reread. PRAISE FOR CRYING IN

H MART 'Michelle Zauner's *Crying In H Mart* is as good as everyone says it is and, yes, it will have you in tears. An essential read for anybody who has lost a loved one, as well as those who haven't.' Marie-Claire 'The book's descriptions of *jjigae*, *tteokbokki*, and other Korean delicacies stand out as tokens of the deep, all-encompassing love between Zauner and her mother, a love that is charted in vivid descriptions of her mother after death; in a time when people around the world are reckoning with untold loss due to COVID-19, Zauner's frankness around death feels like an unexpected yet deeply necessary gift.' Vogue 'Zauner's writing is powerful in its straight-forwardness, though some turns of phrases are as beautiful as any song lyric... but it is her ability to convey how her mother's simple offering of a rice snack was actually an act of the truest love that leaves the most indelible impression.' Refinery 29 'Poignant . . . A tender, well-rendered, heart-wrenching account of the way food ties us to those who have passed. The author delivers mouthwatering descriptions of dishes like *pajeon*, *jjajuk*, and *gimbap*, and her storytelling is fluid, honest, and intimate . . . Zauner's ability to let us in through taste makes her book stand out- she makes us feel like we are in her mother's kitchen, singing her praises.' Kirkus Reviews (starred review)

Crying in H Mart

A moving novel about love, loss and growing up with a brother who has gigantism "Tough, tender and beautiful" Glenda Millard, author of *The Stars at Oktober Bend* Lenny Spink is the sister of a giant. Her little brother Davey won't stop growing - and at seven is as tall as a man. When they receive their monthly instalment of Burrell's Build-It-at-Home Encyclopedia set, fun and excitement burst into Lenny and Davey's lives. The amazing, mysterious entries in the book's pages give them a way to dream of escape: Lenny vows to become a beetle expert, while Davey decides he will run away to Canada and build a log cabin. But as Davey's disease progresses, the siblings' richly imagined world becomes harder to cling to in this deeply moving and original novel about grief, family and wonder. "Warm, humorous, absolutely real and above all, uplifting... Karen Foxlee, you're a genius" Wendy Orr, author of *Dragonfly Song* Karen Foxlee was born in Mount Isa, Australia. She trained and worked as a nurse before studying for a degree in creative writing at the University of the Sunshine Coast. She is the author of five books, including *The Anatomy of Wings*, which won the Commonwealth Writer's Prize for Best First Book in the South East Asia and South Pacific region, and *Lenny's Book of Everything*, which is published by Pushkin Children's Books.

Lenny's Book of Everything

"Everyone who has ever lived continues to exist on the Flipside and can be asked direct questions." This is the startling premise of *"Hacking the Afterlife"* which argues it's possible to obtain "new information" from people no longer on the planet. Book offers practical advice ("afterlife hacks") on how to navigate our lives and improve our planet

Hacking the Afterlife

In this groundbreaking new work, David Kessler—an expert on grief and the coauthor with Elisabeth Kübler-Ross of the iconic *On Grief and Grieving*—journeys beyond the classic five stages to discover a sixth stage: meaning. In 1969, Elisabeth Kübler-Ross first identified the stages of dying in her transformative book *On Death and Dying*. Decades later, she and David Kessler wrote the classic *On Grief and Grieving*, introducing the stages of grief with the same transformative pragmatism and compassion. Now, based on hard-earned personal experiences, as well as knowledge and wisdom earned through decades of work with the grieving, Kessler introduces a critical sixth stage. Many people look for “closure” after a loss. Kessler argues that it’s finding meaning beyond the stages of grief most of us are familiar with—denial, anger, bargaining, depression, and acceptance—that can transform grief into a more peaceful and hopeful experience. In this book, Kessler gives readers a roadmap to remembering those who have died with more love than pain; he shows us how to move forward in a way that honors our loved ones. Kessler’s insight is both professional and intensely personal. His journey with grief began when, as a child, he witnessed a mass shooting at the same time his mother was dying. For most of his life, Kessler taught physicians, nurses, counselors, police, and first responders about end of life, trauma, and grief, as well as leading talks and retreats for those experiencing grief. Despite his knowledge, his life was upended by the sudden death of his twenty-one-year-old son. How does the grief expert handle such a tragic loss? He knew he had to find a way through this unexpected, devastating loss, a way that would honor his son. That, ultimately, was the sixth state of grief—meaning. In *Finding Meaning*, Kessler shares the insights, collective wisdom, and powerful tools that will help

those experiencing loss. Finding Meaning is a necessary addition to grief literature and a vital guide to healing from tremendous loss. This is an inspiring, deeply intelligent must-read for anyone looking to journey away from suffering, through loss, and towards meaning.

Finding Meaning

Lisa Atwood and her family are on vacation, but it isn't all fun in the sun. Something is wrong between her parents. She thinks it's serious, and she's worried. Then a handsome guy sweeps Lisa off her feet and all of her problems seem to melt away. But can she keep the romance alive after she returns home?

Love You Forever

A master of the personal essay candidly explores love, death, and the counterfeit rituals of American life in this "brave, funny compendium" (Slate) Nearly fifteen years after her debut collection, *My Misspent Youth*, captured the ambitions and anxieties of a generation, Meghan Daum returns to the personal essay with *The Unspeakable*, a powerful collection of ten new works. Where her previous collection explores what it is to be a struggling twenty-something urban dweller with an overdrawn bank account and oversized ambition, *The Unspeakable* contends with parental death, the decision not to have children, and more—a new set of challenges tackled by a writer at her best, investigated in the same uncompromising voice that made Daum one of the most engaging thinkers writing today. In *The Unspeakable*, Daum pushes back against the false sentimentality and shrink-wrapped platitudes that surround so much of the contemporary American experience. But Daum also operates in a comic register. With perfect precision, she reveals the absurdities of the New Age search for the "Best Possible Experience," champions the merits of cream-of-mushroom-soup casserole, and gleefully recounts a quintessential "only-in-L.A." story of playing charades at a famous person's home. Combining the piercing insight of Joan Didion with humor reminiscent of Nora Ephron's, Daum dissects our culture's most dangerous illusions while retaining her own joy and compassion. Through it all, she dramatizes the search for an authentic self in a world where achieving an identity is never simple and never complete.

The Unspeakable

When a loved one dies we mourn our loss. We take comfort in the rituals that mark the passing, and we turn to those around us for support. But what happens when there is no closure, when a family member or a friend who may be still alive is lost to us nonetheless? How, for example, does the mother whose soldier son is missing in action, or the family of an Alzheimer's patient who is suffering from severe dementia, deal with the uncertainty surrounding this kind of loss? In this sensitive and lucid account, Pauline Boss explains that, all too often, those confronted with such ambiguous loss fluctuate between hope and hopelessness. Suffered too long, these emotions can deaden feeling and make it impossible for people to move on with their lives. Yet the central message of this book is that they can move on. Drawing on her research and clinical experience, Boss suggests strategies that can cushion the pain and help families come to terms with their grief. Her work features the heartening narratives of those who cope with ambiguous loss and manage to leave their sadness behind, including those who have lost family members to divorce, immigration, adoption, chronic mental illness, and brain injury. With its message of hope, this eloquent book offers guidance and understanding to those struggling to regain their lives. Table of Contents: 1. Frozen Grief 2. Leaving without Goodbye 3. Goodbye without Leaving 4. Mixed Emotions 5. Ups and Downs 6. The Family Gamble 7. The Turning Point 8. Making Sense out of Ambiguity 9. The Benefit of a Doubt Notes Acknowledgments Reviews of this book: You will find yourself thinking about the issues discussed in this book long after you put it down and perhaps wishing you had extra copies for friends and family members who might benefit from knowing that their sorrows are not unique... This book's value lies in its giving a name to a force many of us will confront--sadly, more than once--and providing personal stories based on 20 years of interviews and research. --Pamela Gerhardt, Washington Post Reviews of this book: A compassionate exploration of the effects of ambiguous loss and how those experiencing it handle this most devastating of losses ... Boss's approach is to encourage families to talk together, to reach a consensus about how to mourn that which has been lost and how to celebrate that which remains. Her simple stories of families doing just that contain lessons for all. Insightful, practical, and refreshingly free of psychobabble. --Kirkus Review Reviews of this book: Engagingly written and richly rewarding, this title presents what Boss has learned from many years of treating individuals and families suffering from uncertain or incomplete loss... The obvious depth of the author's understanding of sufferers of ambiguous loss and the facility with which she communicates that understanding make this a book to be recommended. --R. R. Cornellius, Choice Reviews of this

book: Written for a wide readership, the concepts of ambiguous loss take immediate form through the many provocative examples and stories Boss includes, All readers will find stories with which they will relate...Sensitive, grounded and practical, this book should, in my estimation, be required reading for family practitioners. --Ted Bowman, Family Forum Reviews of this book: Dr. Boss describes [the] all-too-common phenomenon [of unresolved grief] as resulting from either of two circumstances: when the lost person is still physically present but emotionally absent or when the lost person is physically absent but still emotionally present. In addition to senility, physical presence but psychological absence may result, for example, when a person is suffering from a serious mental disorder like schizophrenia or depression or debilitating neurological damage from an accident or severe stroke, when a person abuses drugs or alcohol, when a child is autistic or when a spouse is a workaholic who is not really 'there' even when he or she is at home...Cases of physical absence with continuing psychological presence typically occur when a soldier is missing in action, when a child disappears and is not found, when a former lover or spouse is still very much missed, when a child 'loses' a parent to divorce or when people are separated from their loved ones by immigration...Professionals familiar with Dr. Boss's work emphasised that people suffering from ambiguous loss were not mentally ill, but were just stuck and needed help getting past the barrier of unresolved grief so that they could get on with their lives. --Asian Age Combining her talents as a compassionate family therapist and a creative researcher, Pauline Boss eloquently shows the many and complex ways that people can cope with the inevitable losses in contemporary family life. A wise book, and certain to become a classic. --Constance R. Ahrons, author of *The Good Divorce* A powerful and healing book. Families experiencing ambiguous loss will find strategies for seeing what aspects of their loved ones remain, and for understanding and grieving what they have lost. Pauline Boss offers us both insight and clarity. --Kathy Weingarten, Ph.D, The Family Institute of Cambridge, Harvard Medical School

Ambiguous Loss

"I've taught you how to live; now I want to teach you how to die. You don't have to be afraid." When Becky Boudouin's mother spoke those words to her, they weren't said lightly. Her mother had an inoperable tumor--and after months of treatment, there was no hope for a longer life. There was, however, assurance of life everlasting. Learned in the dark hours of pain and the bright moments of love, the honest insights on fear, loss, and grief that Becky shares in this book are applicable to everyone's story--including yours. If you're losing a loved one or facing death, you won't be alone on your journey: Becky walks with you every step of the way. There are even questions for reflection to guide you to comfort, whether you're reading on your own or with others sharing the struggle. In times when hope seems lost, Becky's story reveals that God is the only source for a spirit's true healing. For anyone living with the tension of wanting to hold on yet needing to let go, *Cancer, Faith, and Unexpected Joy* demonstrates a powerful and profound love. "In *Cancer, Faith, and Unexpected Joy*, Becky's mother becomes my mother; her grief, my grief; her hope, my hope. With a combination of emotion, vulnerability, and dailiness, this book offers practical comfort and wisdom for anyone in a place of trial or suffering." --Jane Rubietta, international speaker and author

Cancer, Faith, and Unexpected Joy

I'd had a conversation specifically with Dan about ecstasy. It's one of the things you do as a parent, isn't it? Wear your helmet when you're out on your bike, you know, don't take drugs. To be honest, I was more worried about him being safe on his bike than at a party with his friends. The words of the title are the last ones spoken by sixteen-year-old Daniel Spargo-Mabbs to his mother. In January 2014, Daniel's parents thought he was going to a friend's house. He actually attended an illegal rave and later died after taking MDMA. That fateful evening is told through the words of his school friends and family, divided into two hard-hitting acts in Mark Wheeler's verbatim play. *I Love You, Mum - I Promise I Won't Die* was commissioned by the charity set up in Daniel's memory to raise awareness about the danger of party drugs. It is a fast-paced, tragic, vibrant piece of verbatim theatre, which should engage teenage readers, audiences and performers alike.

I Love You, Mum - I Promise I Won't Die

NATIONAL BESTSELLER SHORTLISTED for the 2021 Kobo Emerging Writer Prize "A comedy for catastrophic times." --CBC "A hilarious memoir of effervescent misadventures." --Toronto Star "How am I laughing at someone's mother's cancer? How? We think we can't laugh about death, about cancer, about our mothers and their suffering . . . and we can't, but we can. And there's so much relief in that."

--Carolyn Taylor, BARONESS VON SKETCH SHOW A whip-smart and darkly funny memoir about an unconventional family, the limits of wellness fads, and the mother of all catastrophes. Rachel Matlow's eccentric mom, Elaine, never quite followed the script handed down to her. Her bold out-there-ness made it okay for Rachel to be their genderqueer self and live life on their own terms. But when Elaine decides to try to heal her cancer naturally, Rachel has to draw the line. What ensues is a tug of war between logical and magical thinking, an odyssey through New Age remedies ranging from herbal tinctures and juice cleanses to a countryside ayahuasca trip, and a portrait of a mother and child who've never been physically closer or ideologically further apart. In facing their inimitable mother's death, Rachel has written a book bursting with life—the epic adventures and epic fails, the broken limbs and belly laughs. As hilarious as it is poignant, *Dead Mom Walking* is about writing the story of your life only to find out that life has other plans.

Dead Mom Walking

The topics range from the psychological responses to a parent's death such as shock, depression, and guilt, to the practical consequences such as dealing with estates and funerals.

When Parents Die

What happens after we die? _x000D_ _x000D_ Author and award winning filmmaker Richard Martini explores startling new evidence for life after death, via the "life between lives," where we reportedly return to find our loved ones, soul mates and spiritual teachers. Based on the evidence of thousands of people who claim that under deep hypnosis, they saw and experienced the same basic things about the Afterlife, the book documents interviews with hypnotherapists around the world trained in the method pioneered by Dr. Michael Newton, as well as examining actual between life sessions. The author agrees to go on the same journey himself, with startling and candid results, learning we are fully conscious between our various incarnations, and return to connect with loved ones and spiritual soul mates, and together choose how and when and with whom we'll reincarnate. Martini examines how "Karmic law" is trumped by "Free will," with souls choosing difficult lives in order to learn from their spiritually; no matter how difficult, strange or complex a life choice appears to be, it was made in advance, consciously, with the help of loved ones, soul mates and wise elders. Extensively researched, breathtaking in scope, "Flipside" takes the reader into new territory, boldly going where no author has gone before to tie up the various disciplines of past life regression, near death experiences, and between life exploration. In the words of author Gary Schwartz, PhD, once you've read "Flipside" "you'll never see the world in the same way again." _x000D_ _x000D_ Praise for Flipside: _x000D_ _x000D_ "Richard has written a terrific book. Insightful, funny, provocative and deep; I highly recommend it!" - Robert Thurman, author of *Why the Dalai Lama Matters* _x000D_ _x000D_ "Inspiring, well written and entertaining. The kind of book where once you have read it, you will no longer be able to see the world in the same way again." - Gary E. Schwartz, author of *The Sacred Promise* _x000D_ _x000D_ "Everyone should have a Richard Martini in their life." - Charles Grodin, author of *If I Only Knew Then... What I Learned From Mistakes*

Flipside

In January 1988, aged twelve, Martin Pistorius fell inexplicably sick. First he lost his voice and stopped eating; then he slept constantly and shunned human contact. Doctors were mystified. Within eighteen months he was mute and wheelchair-bound. Martin's parents were told that an unknown degenerative disease had left him with the mind of a baby and he probably had less than two years to live. Martin went on to be cared for at centres for severely disabled children, a shell of the bright, vivacious boy he had once been. What no-one knew is that while Martin's body remained unresponsive his mind slowly woke up, yet he could tell no-one; he was a prisoner inside a broken body. Then, in 1998, when Martin was twenty-three years old, an aromatherapy masseuse began treating him and sensed some part of him was alert. Experts were dismissive, but his parents persevered and soon realised their son was as intelligent as he'd always been. With no memory of the time before his illness, Martin was a man-child reborn in a world he didn't know. He was still in a wheelchair and unable to speak, but he was brilliantly adept at computer technology. Since then, and against all odds, he has fallen in love, married and set up a design business which he runs from his home in Essex. *Ghost Boy* is an incredible, deeply moving story of recovery and the power of love. Through Martin's story we can know what it is like to be here and yet not here - unable to communicate yet feeling and understanding everything. Martin's emergence from his darkness enables us to celebrate the human spirit and is a wake-up call to cherish our own lives.

Ghost Boy

When Megan finds out that her mother has a cancerous brain tumor, her anger at the world alienates her from her friends and family until she finally comes to realize what really is important.

Mother, Please Don't Die

THE NEW YORK TIMES BESTSELLER 'Julie Yip-Williams conquered blindness and adversity only to be struck down. Her book is heartbreaking and necessary.' Guardian 'Eloquent, gutting and at times disarmingly funny ... a magnificent writer.' New York Times Born blind in Vietnam, Julie Yip-Williams narrowly escaped euthanasia at the hands of her grandmother, only to have to flee the political upheaval of the late 1970s with her family. Loaded into a rickety boat with three hundred other refugees, Julie made it to Hong Kong and, ultimately, America, where a surgeon gave her partial sight. Against all odds, she became a Harvard-educated lawyer, with a husband, a family, a life. Then, at the age of thirty-seven, with two little girls still at home, Julie was diagnosed with terminal metastatic colon cancer, and a different journey began. Growing out of a blog Julie kept for the last four years of her life, *The Unwinding of the Miracle* is the story of a vigorous life told through the prism of imminent death, of a life lived vividly and cut too short. With glorious humour, bracing honesty and the cleansing power of well-deployed anger, her story is inspiring and instructive, delightful and shattering. More than just a tale about cancer, it's about truth and honesty, fear and pain, our dreams, our jealousies. And it's about how to say goodbye to your children and a life you love. Starting as a need to understand the disease, it has evolved into a powerful story about living - even as Julie put her affairs in order and prepared to die. 'A searing memoir ... I didn't know Julie, but in these pages I grew to love her.' Lucy Kalanithi

The Unwinding of the Miracle

A chance email begins a friendship with one of the founders of the new Townsend moon colony and Quinn Alexander finds himself with access to one of the most sought after stories on earth. As a reporter—even though still a rookie—he could hardly pass up a trip to the moon and unlimited access to the colony's denizens. Should he be surprised, then, to learn that the colonists have an ulterior motive? Or, maybe more than one? As Quinn explores the colony, learning its beginnings and inner workings, he is also learning its secrets and one of these secrets keeps him awake at night. Back on earth, groups known as Earth Firsters spread lies and half-truths demonizing the colony and its inhabitants. Their disinformation campaign and big-money backers worked to suppress publication of Quinn's book, a glowing account of the colony's first year. What other acts of sabotage, even terrorism, are these dark forces planning? Who is financing these groups, religious fundamentalists or corporations wanting to keep the moon's resources to themselves? Quinn knows that if the world knew the colony's secret, the Earth Firsters would win. Quinn follows his instincts and returns to earth without revealing the entire truth. Five years pass, and while pursuing a story on the International Space Station, Quinn recognizes a UN intelligence operative. However, the man is introduced to Quinn as the new colony administrator. He follows the operative to the moon where he learns of a plot to destroy the Townsend colony and discredit his friends. Quinn finds that he can no longer simply be an observer and, willing or not, becomes a part of the colony's story.

Sanity, Madness and the Family

Döstädning, or the art of death cleaning, is a Swedish phenomenon by which the elderly and their families set their affairs in order. Whether it's sorting the family heirlooms from the junk, downsizing to a smaller place, or setting up a system to help you stop misplacing your keys, death cleaning gives us the chance to make the later years of our lives as comfortable and stress-free as possible. Whatever your age, Swedish death cleaning can be used to help you de-clutter your life, and take stock of what's important. Margareta Magnusson has death cleaned for herself and for many others. Radical and joyous, her guide is an invigorating, touching and surprising process that can help you or someone you love immeasurably, and offers the chance to celebrate and reflect on all the tiny joys that make up a long life along the way.

Familiar Moon

Winner of the Whitbread Book of the Year 'Outstanding...a stunningly good read' Observer 'Mark Haddon's portrayal of an emotionally dissociated mind is a superb achievement... Wise and bleakly funny' Ian McEwan *The Curious Incident of the Dog in the Night-Time* is a murder mystery novel like no other. The detective, and narrator, is Christopher Boone. Christopher is fifteen and has Asperger's Syndrome. He knows a very great deal about maths and very little about human beings. He loves lists,

patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying journey which will turn his whole world upside down.

The Gentle Art of Swedish Death Cleaning

The Brothers Karamazov, also translated as The Karamazov Brothers, is the final novel by the Russian author Fyodor Dostoyevsky. Dostoyevsky spent nearly two years writing The Brothers Karamazov, which was published as a serial in The Russian Messenger and completed in November 1880. The author died less than four months after its publication. The Brothers Karamazov is a passionate philosophical novel set in 19th century Russia, that enters deeply into the ethical debates of God, free will, and morality. It is a spiritual drama of moral struggles concerning faith, doubt, judgement, and reason, set against a modernizing Russia, with a plot which revolves around the subject of patricide. Dostoyevsky composed much of the novel in Staraya Russa, which inspired the main setting. Since its publication, it has been acclaimed as one of the supreme achievements in world literature.

The Curious Incident of the Dog in the Night-time

Grief overload is what you feel when you experience too many significant losses all at once, in a relatively short period of time, or cumulatively. In addition to the deaths of loved ones, such losses can also include divorce, estrangement, illness, relocation, job changes, and more. Our minds and hearts have enough trouble coping with a single loss, so when the losses pile up, the grief often seems especially chaotic and defeating. The good news is that through intentional, active mourning, you can and will find your way back to hope and healing. This compassionate guide will show you how.

The Brothers Karamazov

'ONE DAY is destined to be a modern classic' - Daily Mirror Twenty years, two people, ONE DAY. The multi-million copy bestseller that captures the experiences of a generation. 'I can imagine you at forty,' she said, a hint of malice in her voice. 'I can picture it right now.' He smiled without opening his eyes. 'Go on then.' 15th July 1988. Emma and Dexter meet for the first time on the night of their graduation. Tomorrow they must go their separate ways. So where will they be on this one day next year? And the year after that? And every year that follows? Now a major motion picture starring Anne Hathaway and directed by Lone Scherfig.

Too Much Loss: Coping with Grief Overload

When a parent dies, most adults are seized by an unexpected crisis that can trigger a profound transformation. Using in-depth interviews and national surveys, Dr Umberson explains why the death of a parent has strong effects on adults and looks at protective factors that help some individuals experience better mental health following the death than they did when the parent was alive. This is the first book to rely on sound scientific method to document the significant adverse effects of parental death for adults in a national population. Exploring the social and psychological risk factors that make some people more vulnerable than others, readers will come to view the loss of a parent in a new way: as a turning point in adult development.

One Day

JULIA SAMUEL'S LATEST BOOK, EVERY FAMILY HAS A STORY, IS AVAILABLE TO PRE-ORDER NOW A Sunday Times Top 10 Bestseller Death affects us all. Yet it is still the last taboo in our society, and grief is still profoundly misunderstood... In Grief Works we hear stories from those who have experienced great love and great loss - and survived. Stories that explain how grief unmasks our greatest fears, strips away our layers of protection and reveals our innermost selves. Julia Samuel, a grief psychotherapist, has spent twenty-five years working with the bereaved and understanding the full repercussions of loss. This deeply affecting book is full of psychological insights on how grief, if approached correctly, can heal us. Through elegant, moving stories, we learn how we can stop feeling awkward and uncertain about death, and not shy away from talking honestly with family and friends. This extraordinary book shows us how to live and learn from great loss.

Death of a Parent

Now a limited Netflix series starring Zoe Saldana! This Reese Witherspoon Book Club Pick and New York Times bestseller is “a captivating story of love lost and found” (Kirkus Reviews) set in the lush Sicilian countryside, where one woman discovers the healing powers of food, family, and unexpected grace in her darkest hours. It was love at first sight when actress Tembi met professional chef, Saro, on a street in Florence. There was just one problem: Saro’s traditional Sicilian family did not approve of his marrying a black American woman. However, the couple, heartbroken but undeterred, forged on. They built a happy life in Los Angeles, with fulfilling careers, deep friendships, and the love of their lives: a baby girl they adopted at birth. Eventually, they reconciled with Saro’s family just as he faced a formidable cancer that would consume all their dreams. *From Scratch* chronicles three summers Tembi spends in Sicily with her daughter, Zoela, as she begins to piece together a life without her husband in his tiny hometown hamlet of farmers. Where once Tembi was estranged from Saro’s family, now she finds solace and nourishment—literally and spiritually—at her mother-in-law’s table. In the Sicilian countryside, she discovers the healing gifts of simple fresh food, the embrace of a close knit community, and timeless traditions and wisdom that light a path forward. All along the way she reflects on her and Saro’s romance—an incredible love story that leaps off the pages. In Sicily, it is said that every story begins with a marriage or a death—in Tembi Locke’s case, it is both. “Locke’s raw and heartfelt memoir will uplift readers suffering from the loss of their own loved ones” (Publishers Weekly), but her story is also about love, finding a home, and chasing flavor as an act of remembrance. *From Scratch* is for anyone who has dared to reach for big love, fought for what mattered most, and those who needed a powerful reminder that life is...delicious.

Grief Works

Inspired by the website that the New York Times hailed as “redefining mourning,” this book is a fresh and irreverent examination into navigating grief and resilience in the age of social media, offering comfort and community for coping with the mess of loss through candid original essays from a variety of voices, accompanied by gorgeous two-color illustrations and wry infographics. At a time when we mourn public figures and national tragedies with hashtags, where intimate posts about loss go viral and we receive automated birthday reminders for dead friends, it’s clear we are navigating new terrain without a road map. Let’s face it: most of us have always had a difficult time talking about death and sharing our grief. We’re awkward and uncertain; we avoid, ignore, or even deny feelings of sadness; we offer platitudes; we send sympathy bouquets whittled out of fruit. Enter Rebecca Soffer and Gabrielle Birkner, who can help us do better. Each having lost parents as young adults, they co-founded *Modern Loss*, responding to a need to change the dialogue around the messy experience of grief. Now, in this wise and often funny book, they offer the insights of the *Modern Loss* community to help us cry, laugh, grieve, identify, and—above all—empathize. Soffer and Birkner, along with forty guest contributors including Lucy Kalanithi, singer Amanda Palmer, and CNN’s Brian Stelter, reveal their own stories on a wide range of topics including triggers, sex, secrets, and inheritance. Accompanied by beautiful hand-drawn illustrations and witty “how to” cartoons, each contribution provides a unique perspective on loss as well as a remarkable life-affirming message. Brutally honest and inspiring, *Modern Loss* invites us to talk intimately and humorously about grief, helping us confront the humanity (and mortality) we all share. Beginners welcome.

From Scratch

White Like Her: My Family’s Story of Race and Racial Passing is the story of Gail Lukasik’s mother’s “passing,” Gail’s struggle with the shame of her mother’s choice, and her subsequent journey of self-discovery and redemption. In the historical context of the Jim Crow South, Gail explores her mother’s decision to pass, how she hid her secret even from her own husband, and the price she paid for choosing whiteness. Haunted by her mother’s fear and shame, Gail embarks on a quest to uncover her mother’s racial lineage, tracing her family back to eighteenth-century colonial Louisiana. In coming to terms with her decision to publicly out her mother, Gail changed how she looks at race and heritage. With a foreword written by Kenyatta Berry, host of PBS’s *Genealogy Roadshow*, this unique and fascinating story of coming to terms with oneself breaks down barriers.

Modern Loss

A love story with a difference - an unforgettable tale of life, loss and making each day count in the INTERNATIONAL NO. 1 BESTSELLING book of TIKTOK fame, clocking over 100 million views and counting! Don't miss *The First to Die at the End*, the prequel to *They Both Die at the End*. On September

5th, a little after midnight, Death-Cast calls Mateo Torrez and Rufus Emeterio to give them some bad news: they're going to die today. Mateo and Rufus are total strangers, but, for different reasons, they're both looking to make a new friend on their End Day. The good news: there's an app for that. It's called the Last Friend, and through it, Rufus and Mateo are about to meet up for one last great adventure - to live a lifetime in a single day. Another beautiful, heartbreaking and life-affirming book from the brilliant Adam Silvera, author of *More Happy Than Not*, *History Is All You Left Me*, *What If It's Us*, *Here's To Us* and the *Infinity Cycle* series. PRAISE FOR ADAM SILVERA: 'There isn't a teenager alive who won't find their heart described perfectly on these pages.' Patrick Ness, author of *The Knife of Never Letting Go* 'Adam Silvera is a master at capturing the infinite small heartbreaks of love and loss and grief.' Nicola Yoon, author of *Everything, Everything* 'A phenomenal talent.' Juno Dawson, author of *Clean and Wonderland* 'Bold and haunting.' Lauren Oliver, author of *Delirium*

White Like Her

They Both Die at the End