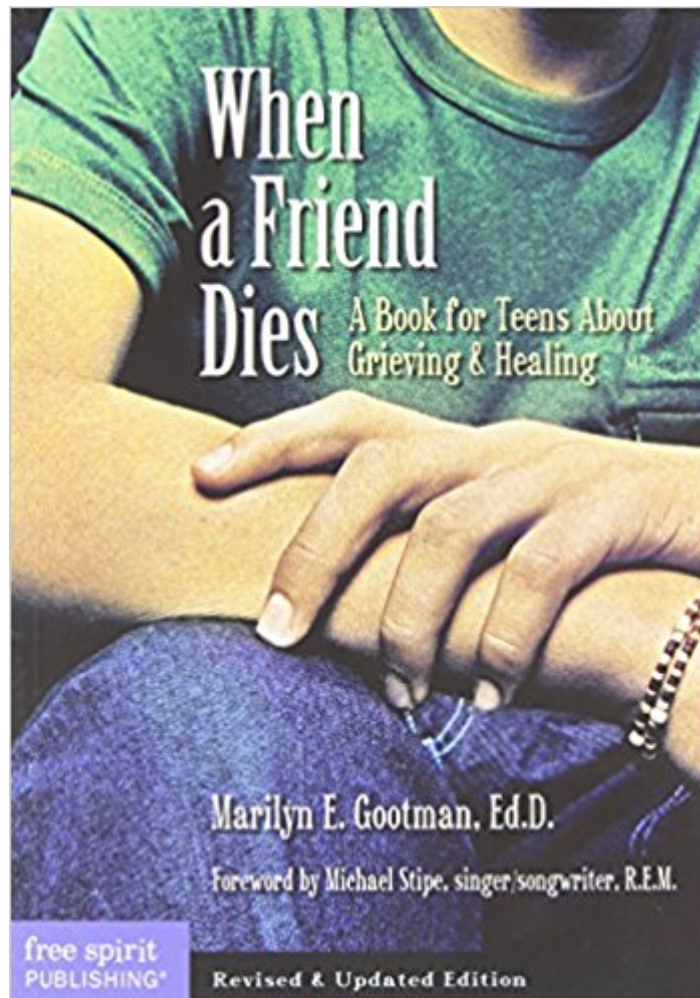




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# When A Friend Dies: A Book For Teens About Grieving & Healing



## Synopsis

The death of a friend is a wrenching event for anyone at any age. Teenagers especially need help coping with this painful loss. This sensitive book answers questions grieving teens often have, like “How should I be acting?” “Is it wrong to go to parties and have fun?” and “What if I can’t handle my grief on my own?” The advice is gentle, non-preachy, and compassionate; the author has seen her own children suffer from the death of a friend, and she knows what teens go through. The revised edition includes new quotes from teens, new resources, and new insights into losing a friend through violence. Also recommended for parents and teachers of teens who have experienced a painful loss. Foreword by R.E.M. singer/songwriter Michael Stipe.

## Book Information

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## Customer Reviews

Grade 6 Up In this update of a 1994 publication, 16 short chapters deliver helpful information on subjects including: How can I stand the pain? How should I be acting? What is “normal”? What if I can’t handle my grief on my own? and How can I find a counselor or a therapist? Interspersed throughout the book, and placed over muted black-and-white photos of young adults from a variety of ethnic backgrounds, are quotes by teenagers who have experienced grief. The new illustrations make this edition more accessible than the earlier one. Quotes from well-known writers and philosophers give insight into the grieving process and healing. These statements allow readers to understand that they’re not alone. Other topics covered include guilt, anger, confusion, fear, and numbness; the information offered reassures readers that these

are all valid emotions. This edition also addresses loss through violence. Scattered throughout are pages with backgrounds that look like cork bulletin boards, which have suggestions or questions pinned to them. This compassionate, user-friendly book lists pages of resources and suggested reading, and should be made available to teens. — Maryann H. Owen, Racine Public Library, WI Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

— “Death is difficult for people of all ages, but it often hits teens especially hard because of their emotional volatility. This book gives voice to their feelings, explains why they have them and offers tips on how to work through the pain. — Youth Today — “Makes learning how to grieve as painless and soothing as possible. . . . Gootman’s non-preachy and compassionate book gently handles this sensitive topic. — NEA Today — “A tool with compassion and genuine understanding with advice that a grieving teen needs. . . . This book should be on the shelf of any parent, teacher, counselor, or youth worker. — Youthworker — “A great starting place for young people who are hurting. — Voice of Youth Advocates — “The new illustrations make this edition more accessible than the earlier one . . . This compassionate, user-friendly book . . . should be made available to teens. — School Library Journal — “This compassionate, user-friendly book lists pages of resources and suggested reading, and should be made available to teens. — School Library Journal Recommended Books for the Reluctant YA Reader — American Library Association Books for the Teen Age — New York Public Library

I read this before giving it to my daughter who lost a very close friend 4 years ago when she was 12 years old. She is still struggling with the grieving process and this book was recommended to me by someone at the Highmark Caring Place. There is little available to kids/teens who have lost a friend. This booklet lets them know that what they are feeling and going through is "normal". It was a very easy read. I would also recommend "The Grieving Teen: A Guide for Teenagers and Their Friends" by Helen Fitzgerald.

Bought for a friend's daughter; they said it's a great book and made them think of things they had not thought of. Like others I read during my reviews, parents should read first.

With short, almost "Deep Thought"-ish statements, the book is directed to teens to pass along the message that whatever works for you is OK. A struggling reader or non-reader would be able to

manage the text. The book has typical statements and short descriptions and discussions of the statements. The book is written from the perspective of helping teens to direct their thoughts in the process of grief and loss.

Helpful book for grief. Easy read.

I purchased two copies of this book when my daughters' best friend passed away in an auto accident after leaving our home. I left the books out but did not try to force the books on the girls. Both copies disappeared the night I put them out and I later learned that the books were passed onto other teens close to the beautiful child lost in the tragic accident. We were all lost in very rough emotional seas when the accident occurred and this little book was very welcome bit of emotional flotation upon which to hold on.

This is an excellent resource for students, middle school age and up, who have experienced loss in any form. We use it as a biblio-therapy resource in my school and end up giving out our entire stock year after year.

a good book to give to teens. explains what they may be going through/what to expect in easy to understand, realistic terms

Really helped my 13 year old, thank you so much

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