



Teen Grief Relief

Heidi Horsley Psy.D., Gloria Horsley Ph.D.

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A self-help book for grieving teenagers and their parents, written by highly credentialed, mother/daughter, international grief experts. Teenage grief is hard, lonely and painful. Parents want to know: How can I help? Teen Grief Relief provides both parents and teens with the help they need. Shared here are teen stories, feelings, techniques, references and resources for use in not only surviving but thriving after the painful loss of a family member or close personal friend. The journey can be hard and sad, but Teen Grief Relief can be a welcome and comforting companion. Included: * Understanding emotional extremes, * When and how to talk about a death, * Understanding parents, * Understanding anger and guilt, * Aspects of normal grief, * Warning signs of complicated grief, * Finding balance and happiness, and * Teen-tested “Good4U” steps. What Others Say “Teen Grief Relief is an important book with groundbreaking information for a teen who has lost a family member or a friend. If we’d only had this information before our fifteen-year-old son Jeff took his own life...” —Eric Hipple, former Detroit Lions quarterback and Suicide Prevention Advocate “Teen Grief Relief is a moving, must-have book, written by that most unusual breed of experts — those who have been there. I wish I’d had it when my brother died.” — Elizabeth DeVita-Raeburn, sister of Ted, whose life was loosely portrayed in the John Travolta made-for-TV movie, The Boy in the Plastic Bubble. Elizabeth is the author of The Empty Room: Surviving the Loss of a Brother or Sister at Any Age

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Eun Russell:

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