

# **BOOKS FOR BIBLIOTHERAPY**

*in the Blackwood Uniting Church Library*

*Books are listed under the following headings:*

**Death/ Grief**

**Divorce/ Widowhood/ Single Life**

**Marriage**

**Adversity/ Discouragement/ Depression**

**Ageing/ Ministry to Older Persons/ Caregiving**

**Suicide**

**Family Handicaps/ Special Needs**

**Child Abuse/ Family Violence**

**Cancer**

**Chronic Fatigue Syndrome**

**Illness/ Hospital**

**Alzheimer's disease/ Dementia**

*July 2008*

## DEATH / GRIEF

Albom, Mitch TUESDAYS WITH MORRIE: An old man, a young man, and life's greatest lesson

Hodder 1997

378.12092 1) Amyotrophic lateral sclerosis 2) Death

Morrie Schwartz was dying of ALS (Lou Gehrig's Disease). Mitch Albom, the author and a former student, returned every Tuesday to visit with his old professor about life and the importance of love.

Chilstrom, Corinne. ANDREW, YOU DIED TOO SOON.

Augsberg, 1993

248.86 1) Grief 2) Bereavement

CHI 2) Adoptees-Biography 4) Teenagers - Suicide

A well written and touching book dealing with the suicide of an adopted son, the shock and sadness, and searching for answers. This book will help griever's express their feelings and live again.

Gaarder, Jostein. THROUGH A GLASS, DARKLY

Phoenix House, 1998

F 1) Dying

Gaa

Conversations of a young girl dying of cancer and an angel.  
About life and death.

Kushner, Harold, WHEN BAD THINGS HAPPEN TO GOOD PEOPLE.

Avon, 1983

248.4 1) Grief 2) God

KUS

A Rabbi who lost his own son addresses tough issues like whether God makes bad things happen.

Westberg, Granger E, GOOD GRIEF

Fortress, 1962, 1971

253.5 1) Grief 2) Consolation

WES

Using ten stages of grief, Westberg explains very simply what people experience when they lose someone they love.

Nouwen, Henri J.M.. OUR GREATEST GIFT  
Hodder & Stoughton 1994  
236.1            1) Death            2) Dying  
NOU

Henri Nouwen has walked this path with family and friends, and speaks intimately about death as the greatest gift we have to offer. The question he asks is “How can we prepare ourselves for our death in such a way that our death can become fruitful in the life of others?”

Macklin, Jim. REMEMBERING AND GOING ON  
Le Pine 1991  
Children            1) Children and death            2) Grief in children

This book does not pretend to have all the answers. It simply presents a way of helping children cope with death.

Smith-Grear, Becky. KEEPSAKES FOR THE HEART  
Word 1990  
253.5            1) Death            2) Grief  
SMI

In the matter of seconds, the author’s world was shattered by the tragic death of her husband and son. She does an excellent job of being honest and vulnerable about her own hard road to recovery.

Helm, John. BEYOND GRIEF: coping with the loss of a loved one  
Openbook 1996  
236            1) Bereavement            2) Grief  
HEL

Beyond Grief the kind of experiences people who are grieving can expect and gives guidance about facing them and working through them.

Bright, Bill THE JOURNEY HOME; finishing with joy  
Thomas Nelson Publishers 2003  
248.86            1) Death            2) Dying  
BRI

A powerful inspiring story of knowing God’s purposes and personal struggles even in the face of suffering and death.

McKissock, Mal COPING WITH GRIEF

Australian Broadcasting Corporation 1985

155.937                      1) Bereavement              2) Grief

McK

This book gives an outline of the grieving process, the kind of reactions which occur when one is bereaved. It also offers suggestions on how to enhance the grieving process and decrease the potential suffering.

Williams, G and Ross, J. WHEN PEOPLE DIE

McDonald 1983

236    1) Death                      2) Death - teenagers

WIL

This book helps teenager to understand death and to accept and come to terms with their own feelings and emotions about the event The authors provide an explanation of the practicalities and terminology of death, and help teenagers towards their own sense of its meaning.

Kübler-Ross, Elisabeth. ON DEATH AND DYING

Tavistock 1970

236                      1) Death                      2) Dying

KUB

The author discusses fear of death, attitudes toward death and dying, the five stages viz. (1) denial and isolation, (2) anger, (3) bargaining, (4) depression, (5) acceptance. Other topics include hope, the patients family, therapy with the terminally ill.

Kübler-Ross, Elisabeth. TO LIVE UNTIL WE SAY GOOD - BYE

Prentice – Hall 1978

155.9                      1) Death                      2) Dying

KUB

Kubler-Ross's counselling work with terminally ill patients as she brings them to an acceptance of death. Through memorable, candid. spontaneous photographs Mal Warshaw brilliantly captures the range of emotions.

Kopp, Ruth. L. WHEN SOMEONE YOU LOVE IS DYING

Lion 1980

236.1                      1) Death                      2) Dying                      3) Cancer

KOP

A frank and sensitive treatment of the subject by a Christian doctor specialising in care of the terminally ill. It offers help not only to the terminally-ill patient and their family, but to all who are in any way involved in caring for them.

Creagh, Terry. GIVE SORROW WORDS

Joint Board 1982

236.1            1) Grief                            2) Death and dying

CRE

This book considers the facts of death and dying. It stresses that grief is nature's way of helping us cope with death and opposes any idea that grief should be avoided or suppressed. It contains sound practical guidance for who mourn and those who minister to them.

Cassidy, Shiela. SHARING THE DARKNESS: The Spirituality of Caring

Darton, Longman and Todd. 1988

248.4            1) Death/dying                    2) Caring

CAS              3) Hospice                            4) Cancer

The author is the Director of St. Luke's Hospice in Plymouth. This book is about the nature and cost of Christian discipleship in the front line of caring. It is a warm hearted, honest and highly personal book remarkable for its sense of hope and celebration.

Murray, Judith and Michael PERSONAL GRIEVING

Chi Rho, 1989

242.4            1) Grief - Meditations

MUR

This book contains brief words of meditation and hope to help people who are facing personal grief. The devotional thoughts are practical and understanding

YOU ARE PART OF OUR LIVES AND WILL ALWAYS LIVE IN OUR HEARTS

Bonnie Babes Foundation

248.86 1) Babies            2) Miscarriage                    3) Grief

YOU

Written for families grieving after the loss of a baby from miscarriage, stillbirth, or prematurity.

Buscaglia, Leo THE FALL OF FREDDIE THE LEAF: A STORY OF LIFE FOR ALL AGES

Thorofare New Jersey, 1982

Children                            1) Death - juvenile

How Freddie and his companion leaves change with the passing seasons finally falling to the ground with winter snow, is an inspiring allegory illustrating the delicate balance between life and death.

Mundy, Michaelene SAD ISN'T BAD; a good-grief guide book for kids dealing with loss  
Abbey Press, 1998  
Children 1) Grief - juvenile

This book offers children of all ages a comforting, realistic at life. It is a book that promotes honest and healthy grief - and growth.

A Journey lived: a collection of personal stories from carers  
Palliative Care Australia 2005  
616.2 1) Dying 2) Grief  
JOU

Each year thousands of Australians provide high quality care to people dying from a terminal illness. This publication highlights the fantastic support services available to them.

Fumia, Molly A CHILD AT DAWN: THE HEALING OF A MEMORY  
Ave Maria Pre4ss 1989  
248.86 1) Grief 2) Bereavement  
FUM

This powerfully written narrative of one mother's search for meaning in the death of her child presents valuable insights for recovery from extended suffering and inner pain.

## **DIVORCE /.WIDOWHOOD / SINGLE LIFE**

Clifford, Paula. DIVORCED CHRISTIANS AND THE LOVE OF GOD  
Triangle, 1987  
261.8 1) Divorce - religious aspects  
CLI

Sensitively explores the feelings of guilt, loneliness, pain and inadequacy which accompanies the break-up of a marriage and shows how it is possible to work through these to acceptance of one's own worth. Will help to clarify the thinking of those who are trying to work out their own position in the light of changed circumstances.

Jensen, Marylin. FORMERLY MARRIED - learning to live with yourself  
Westminster 1983  
248.4            1) Divorced women   2) Single women  
JEN              3) Single parents

This book deals with complex issues in a straightforward and sometimes humorous manner that belies its wisdom, but makes it easy to understand.

Elliot, Elisabeth. LONELINESS  
Oliver Nelson 1988  
248.86           1) Loneliness  
ELL

A book for the married, the not yet married, and for the used -to be married. Twice widowed and thrice married, the author has learned that each stage of life may bring loneliness of one kind or another. The view presented sees loneliness not as a problem or a pain but as a gift for in the wilderness of loneliness God wants to give us Himself.

Wiebe, Katie F.        ALONE  
Tyndale House 1976  
248.4            1) Loneliness            2) Widowhood  
WIE

The author's husband died just after they had moved into a new community. She was thirty eight. She had to support her four children and her business skills were rusty She was alone. Here is practical help and encouragement from someone who knows that God cares for the widow and the fatherless.

Murray, Jocelyn G WINDOWS ON WIDOWHOOD  
Openbook, 1995  
248.843            1) Widowhood  
MUR

The author was widowed young with three children to raise. This book gives four windows on widowhood: her own , plus three from Ruth.

Crispin, Ken    DIVORCE - The unforgivable  
Hodder and Stoughton, 1981  
261.83589            1) Divorce - religious aspects

As a lawyer dealing with people struggling through the agony of divorce, Ken Crispin knows from experience their need for personal and and social support and how lacking it can be. It reminds Christians of their primary responsibility to be the caring community.

Banks, Glenda                      **HELPING YOUR CHILD THROUGH SEPARATION AND  
DIVORCE**  
Dove Communications, 1981  
306.89                      1) Divorce - religious aspects  
BAN

This book shows there could be many ways to ease, if not avoid the horrendous effect divorce can have on the children

Graham, Ruth **IN EVERY PEW SITS A BROKEN HEART**, Hope for the hurting  
Zondervan, 2004  
248.86                      1) Divorce                      2) Forgiveness  
GRA

For any who have experienced the tragedy of infidelity and wrong choices. Ruth unfolds her life, showing the grace of God is sufficient.

## **MARRIAGE**

Hendrix, Harville. **GETTING THE LOVE YOU WANT - A guide for couples.**  
Schwartz and Wilkinson 1988  
306.7                      1) Marriage                      2) Love  
HEN

Teaches how to communicate with great accuracy and sensitivity, how to let go of self-defeating behaviour and how to focus your energy on meeting your partner's needs.

Klimionok, Reginald. **MAKING MARRIAGE EASY**  
Vision Enterprises 1986  
261.1                      1) Marriage    2) Breakdown                      3) Love  
KLI

A practical manual to help avoid marriage breakdown. For engaged couples and married couples.

Trobisch, Walter.    **I MARRIED YOU**  
Inter-Varsity 1972  
248.4                      1) Marriage  
TRO

A practical Christian approach to the problems of sex and marriage.

Klinebell, Howard J. and Charlotte H. THE INTIMATE MARRIAGE  
Family Life Movement of Australia 1970  
248.4 1) Marriage 2) Intimacy  
CLI

The nature of intimacy, the barriers to its achievement and the ways in which intimacy can be enhanced are set forth

Wright, Norman H. COMMUNICATION: KEY TO YOUR MARRIAGE  
G/L Publications 1974  
248.844 1) Marriage 2) Communication  
WRI

A dozen methods for reducing friction and conflict. Ten ways to handle angry feelings. Ten steps to avoiding anxiety and worry.  
Guidelines you can use daily to enrich your marriage

Mayhall, Jack and Carole MARRIAGE TAKES MORE THAN ONE  
Nav press 1978  
248.4 1) Marriage  
MAY

This book examines more than thirty choices that will help make your marriage successful and meaningful if you choose to live it and work at it God's way.

## **ADVERSITY / DISCOURAGEMENT / DEPRESSION**

Minirth, Frank. HOW TO BEAT BURNOUT  
Moody, 1986  
158.1 1) Burnout (Psychology)  
MIN

Defines burnout, discusses signs, symptoms and treatment and offers permanent solutions for the problem

Lawson, Michael. FACING DEPRESSION  
Hodder and Stoughton 1989  
261.515 1) Depression  
LAW

A book which will help many. Readers will find the wisdom of these pages factual, practical and scriptural.

Cloud, Henry and Townsend, John. BOUNDARIES: WHEN TO SAY YES: WHEN TO SAY NO: TO TAKE CONTROL OF YOUR LIFE.

Strand 1992

158.1 1) Interpersonal relationships 2) Assertiveness

STR

Drs. Henry Cloud and John Townsend offer biblical based insights on how to set healthy boundaries with our parents, spouses, children, friends, co-workers and even ourselves.

Wolpert, Lewis MALIGNANT SADNESS: THE ANATOMY OF DEPRESSION

Faber & Faber 1999

616.8 1) Depression

WOL

Several years ago Lewis Wolpert had a severe depressive episode. He aims to present in accessible terms what scientists and psychiatrists know about the subject.

Johnson, Barbara. SO, STICK A GERANIUM IN YOUR HAT AND BE HAPPY -Pain is Inevitable But Misery is Optional

Word 1990

248.4 1) Mothers

JOH

The author is a survivor of many devastating experiences in her own life. She is equipped to help others work through their own pain, by, for one thing, choosing to “pick the flowers instead of the weeds”.

## **AGING / MINISTRY TO OLDER PERSONS / CAREGIVING**

Faber, Heye - STRIKING SAILS

Abington 1984

261.8 1) Ageing 2) Pastoral care

FAB

A study of the task and art of ageing. A sensitive, perceptive book for those involved in the care and counselling of older people. Absorbing reading for ageing persons themselves.

Morrison, Ruth and Radke, Dawn D. AGEING WITH JOY

Twenty-Third Publications 1988

261.8 1) Ageing

MOR

Offers personal and practical advice that will help you take charge in your ageing years. The authors share their own sense of meaning in their lives and the lives of thousands they have counselled.

Fanning, Marilyn. THE NOT SO GOLDEN YEARS WHEN AGEING PARENTS NEED CARE

Vector Books 1984

261.8 1) Old age 2) Medical care for the aged

FAN

The author tells how she handled the care of her parents during their dependent years. She shares what she learned and gives practical suggestions and spiritual insights.

Purcell, William. THE CHRISTIAN IN RETIREMENT

Mowbray 1982

261.8 1) Retirement

MOW

The author sets out five essential steps towards a creative retirement. He suggests: don't live in the past; work towards making a fuller life; explore ways of making a new beginning; know your own physical and mental limitations; look beyond this life.

Fox, Mem. WILFRED GORDON McDONALD PARTRIDGE

Omnibus 1984

Children 1) Ageing - memory loss

A young boy befriends an old lady who suffers from memory loss.

Miller, Luree SLIPPING AWAY: One family's experience with a parent's dementia

Simon & Schuster 1993

616.89 1) Dementia

MIL

This is the story of Marko and her ten year battle with dementia. It is an inspiring story of love and courage.

## SUICIDE

Laurie, Greg. THE FINAL CRY  
Harvest House 1987  
236.11 1) Suicide- teenagers  
LAU

This book is concerned with teenage suicide. It discusses the warning signs, how parents can be more sensitive to the temptations, value-conflicts. and ruptured relationships that daily confront their teens. Also what important foundations will give teens courage and hope in a world gone awry, how parents can support and direct their teens through the rough times

Stengel, Erwin. SUICIDE AND ATTEMPTED SUICIDE  
Pelican 1964  
362.7 1) Suicide  
STE

Professor Stengel discusses his research on suicide and attempted suicide

Chilstrom, Corinne. ANDREW, YOU DIED TOO SOON.  
Augsberg, 1993  
248.86 1) Teenagers - Suicide 2) Bereavement  
CHI 2) Adoptees-Biography 4) Grief

A well written and touching book dealing with the suicide of an adopted son, the shock and sadness, and searching for answers. This book will help griever's express their feelings and live again.

## FAMILY HANDICAPS / SPECIAL NEEDS

Densley, Robyn. BRAVE MRS. KOALA  
Julia Farr Foundation 1997  
Children 1) Handicaps 2) Stroke

Mrs.Koala falls from a tree and is paralysed. Her recovery is long and slow, bringing many changes to her family's life as well as her own. This beautiful story echoes the writer's own experience.

Tangen, Ragnhild. MICHAEL  
Lion 1981  
Children 1) Handicaps - intellectual

Michael is six years old and looks just like lots of other children. But Michael is mentally handicapped. This book introduces us to Michael and his family and friends. It will help children to understand what life is like for Michael, and for those who love and care for him.

Cartwright, Suzanne. WHY MY CHILD?

Rigby 1981

362.4 1) Handicaps - children

CAR 2) Disabilities - physical/intellectual

Forty three parents give a step-by-step account of the various phases of grief: shock and panic, disbelief, denial, confusion despair, anger, depression, guilt and blame, and finally the gradual shift to reality and acceptance.

Landsdown, Richard MORE THAN SYMPATHY: The every day needs of sick and handicapped children and their families

Tavistock Publications 1980

362.82 1) Handicaps – children 2) sick children

LAN

Eareckson, Joni. JONI

Interbac 1976

920 1) Handicaps - quadriplegic

EAR

As the result of an accident Joni was left paralysed from the neck down. Her life was changed from a state of vigorous activity to one of total helplessness and dependence. This book tells of her struggle to overcome her bitterness, confusion and violent questionings, and tears and learn to trust a loving God. It also tells of the hard-earned spiritual truths she discovered and the special ways God revealed His love to her.

Camp, Fred V. TWO WHEELCHAIRS AND A FAMILY OF THREE

Tynedale House 1973

920 1) Handicaps- paraplegics

CAM

This true story of two paraplegics' faith in God is a forceful reminder that no handicap needs to make a life of joy impossible.

Nouwen, Henri J.M ADAM: GOD'S BELOVED

HarperCollins 1997

248.86 1) Handicaps 2) Spiritual life

NOU

Adam was a severely handicapped young man at the L'Arche Daybreak Community. He could not speak, or even move without assistance. Yet it was Adam who led Nouwen to new insights to his Christian faith and what it means to be beloved of God.

Bridges, Joseph. JULIE

EMS 1994

616.81 1) Handicaps/stroke

BRI

The story of one woman's fight to regain her health after suffering a devastating cerebral haemorrhage.

Keller, Helen. THE STORY OF MY LIFE.

Scholastic books 1967

920 1) Blindness

KEL

Unable to see or hear or talk, a near-savage child named Helen Keller lives in dark, fear-filled silence. Then a strong-willed teacher named Annie Sullivan achieves a breakthrough, a way into Helen's mind. Ten years later she was able to enter Radcliffe College from which she graduated with honours. She lectured throughout the world using her life as an inspiration for other afflicted persons.

Petersen, Palle. SALLY CAN'T SEE

Adam & Charles Black

Children 1) Blindness

By carefully listening and skilfully using her fingers Sally is learning quickly. She wants to be treated as much like other children as possible.

Hickman, John ONE STEP AT A TIME: a life triumphant over crippling disease.

Rigby, 1980

616.836 1) Cerebral palsy

HIC

John Hickman is severely afflicted by cerebral palsy. He is also a brilliant mathematician. In this book he describes with wit, charm and objectivity his experiences in overcoming an endless succession of obstacles.

S.A. Council of Churches IN THE SHELTER OF EACH OTHER

S.A. Council of Churches 2002

GS 71

1) Disabilities

A five part study kit on disability issues

S.A. Council of Churches SHARING ABILITY

S.A. Council of Churches 2002

GS 72

1) Disabilities

Video resource to accompany the study "IN THE SHELTER OF EACH OTHER"

Laird, Elizabeth RED SKY IN THE MORNING

Macmillan Children's books, 1988

Children

1) Handicaps - children's fiction

Ben is profoundly disabled and he brings joy to his sister Anna's life that changes it forever.

For ages 10 +

Gleitzman, Morris BLABBER MOUTH

Pan Macmillan, 1992

Children

1) Handicap's - Juvenile fiction

Rowena can't talk but she manages to communicate. A book for children aged 9 - 12 years.

## **CHILD ABUSE / FAMILY VIOLENCE**

Matthews, Cathy A. BREAKING THROUGH

Albatross 1990

362.76 1) Adult child sexual abuse victims

MAT

All those concerned with child abuse, with a Christian response and with healing will want to read this book (*Bishop Ian George*).

The author's world was shattered when she decided to train as a counsellor. This involved delving into her own past and unlocking painful memories hidden for nearly forty years: constant sexual abuse by her father; the collaboration and cruelty of her mother; physical psychological and emotional brutality.

THE SCANDAL OF FAMILY VIOLENCE Edited by Anne Amos

Joint Board 1990

362.82 1) Family violence-religious aspects-Christianity

SCA

Originally presented as a series of lectures organised by the Victorian Division of Social Justice in the Uniting Church, the authors offer compassionate guidance for Christians who want to offer spiritual and practical support to all caught up in violence in the home.

Davis, Laura ALLIES IN HEALING

Harper Perennial 1991

362.76 1) Adult child sexual abuse victims

DAV 2) Interpersonal relations

Laura Davis offers practical advice to all partners, girlfriends, boyfriends, spouses and lovers trying to support those who were sexually abused as a child. She shows couples how to deepen compassion, improve communication and develop understanding of healing as a shared activity.

Bass, Ellen and Davis, Laura THE COURAGE TO HEAL

Cedar 1988

362.76 1) Adult child sexual abuse victims

BAS

A guide for women survivors of child sexual abuse. It addresses the question “Am I a survivor?” and outlines the effects of abuse and the ways women cope over time. It explores each stage from the decision to heal, to grief, anger and moving on.

## CANCER

Hoek, B.H., CANCER LIVES AT OUR HOUSE - Help for the Family

155.916, Baker books, 1997

HOE 1) Cancer-Patients-Family relationships

In this sensitive and encouraging book, the author lends insight to the victim’s family. The “invisible victims” of cancer can learn to: handle and relieve the stress of having a loved one with cancer, express their feelings constructively and minister sensitively to other family members. The author reminds readers that God can take a life-threatening experience and work it out for something positive and good.

Cassidy, Shiela. SHARING THE DARKNESS: The Spirituality of Caring

Darton, Longman and Todd. 1988

248.4 1) Death/dying 2) Caring

CAS 3) Hospice 4) Cancer

The author is the Director of St. Luke’s Hospice in Plymouth. This book is about the nature and cost of Christian discipleship in the front line of caring. It is a warm hearted, honest and highly personal book remarkable for its sense of hope and celebration.



## **ILLNESS/ HOSPITAL**

McGrath, Tom **WHEN YOU'RE SICK OR IN THE HOSPITAL: Healing help for kids**  
Abbey Press 2002  
Children 1) illness 2) hospital

This book escorts the sick child through the strange, scary, and often lonely world of illness and hospitalisation. Emphasising with the confusing feelings and questions sick children often have, it offers comfort and understanding.

## **ALZHEIMER'S DISEASE/ DEMENTIA**

Pieters-Hawke, Sue **HAZEL'S JOURNEY; A personal experience of Alzheimer's**  
Pan Macmillan 2004  
362.196  
PIE 1) Alzheimer's disease

This is an intensely moving and personal story of an intelligent, independent woman struggling with the disease that is affecting an increasing number of Australians

Paterson, Isabel **DANCE AGAIN MRS. PELICAN**  
Sunnydale 1990  
Fiction 1) Alzheimers and dementia  
PAT

A novel about one family's struggle with Alzheimers. The author has worked extensively with the frail aged, many of whom were suffering from dementia.