“Mindfulness: A Tool for Helping Loss Survivors Find a Path to Peace”

Books I found especially helpful after suicide loss:

Good Medicine, Pema Chodrön (Audio Book, Sounds True, 1999)

Healing through the Dark Emotions: The wisdom of grief, fear, and despair, Miriam Greenspan (Shambala, 2004)

Loving What Is, Byron Katie (Random House, 2002)

Luminous Emptiness, Francesca Fremantle (Shambala, 2001)

Making Friends With Death: A Buddhist Guide to Encountering Mortality, Judith Lief (Shambala, 2001)

My Son…My Son…, Iris Bolton (Bolton Press, 1996)

Night Falls Fast-Understanding Suicide, Kay Redfield Jamison (Vintage, 1999)

The Power of Now, Eckhart Tolle (New World Library, 1999)

Radical Acceptance: Awakening the Love that Heals Fear and Shame, Tara Brach (Bantam Dell, 2003)

The Tibetan Book of Living and Dying, Sogyal Rinpoche (Harper Collins, 1992)

When Things Fall Apart: Heart Advice for Difficult Times, Pema Chödrön (Shambala, 1997)

The Wisdom of No Escape, Pema Chödrön (Shambala 2001)

Wherever You Go There You Are, Jon Kabat-Zinn (Hyperion, 1994)

A big part of my healing journey involved writing, and out of this practice came:

Passing Reflections Vol. 3, Surviving Suicide Loss Through Mindfulness, Kristen Spexarth (Big Think Media, 2016)