



Death and grief are subjects that most of us try to avoid talking about, yet at some point in our lives we will lose someone close to us and death is an inevitable outcome in our own life.

So is positive grieving possible? This month we have read a few books, which have handled this delicate subject with grace, humour and dignity.

Having lost family members as a child, I know only too well the impact it can have on how you perceive life and death and congratulate these authors on dealing with this difficult subject.

When I told my friends and family that I was reviewing books on funerals and death, the reaction was one of surprise. "Why would you want to read a book about funerals and what has death got to do with Wellbeing?"

"Death is a natural part of life - it's not an illness." - Josefine Speyer, Natural Death Centre

Should we not want to be able to make our own choices about how we live our remaining days and how we want to be looked after as we leave this world. We celebrate birth but very few of us are given the opportunity to celebrate the life of a loved one, who has passed away. Having read 'It's your funeral', I now know that I have many more choices and the whole process seems so much less frightening. It is full of case studies and interviews on ways to personalise a funeral service so the bereaved family at least have the comfort of knowing they've said goodbye.



This is probably not a book you should read when you are grieving, but one you should read so that when the time comes you are prepared for what needs to be done.

It's your funeral -
Emma George
ISBN 978 1 905410 27 9

If a family member or friend has recently lost their partner then I recommend 'If there's anything I can do...' How to help someone who is bereaved. Caroline Doughty, who became widowed with two

young children in 2003, shares her own experience and advice of many others. The book offers practical advice and is full of suggestions on how to support the bereaved through the grieving process.

'If there's anything I can do...' How to help someone who is bereaved
Caroline Doughty
ISBN 978190541019-4



First-time author, James Mackenzie Wright is tackling this controversial subject, in his new book *Seven for a Secret*, aimed at children through to adult.

He has set out to create a new genre of literature blending psychology with escapism and spiritualism, with a view to supporting children dealing with bereavement.

An ex-teacher, and current life coach, London born James's, 'Seven for a Secret' takes 2 young siblings out of a bereavement party, on a trip to 'Soul School' to visit their recently passed away sister, amidst spirits, personal development lessons and much talk of other lives...

James supports his book on the basis of his own personal experiences of loss, having grieved for 5 of those closest to him over the past 8 years. The novel exists to offer hope to the thousands of young people out there who suffer from negative grief, eating them up, he is proposing 'positive grief' is achievable, and offers ways to adopt such an outlook.

James is also inviting views of the public, who can get a taster for the book and get across their personal thoughts of his approach via his webpage at www.sevenforasecret.org.uk

Seven for A Secret
Available at Amazon, and is soon to be available from Borders.

James Mackenzie Wright
ISBN 978-1906377-00-7

