

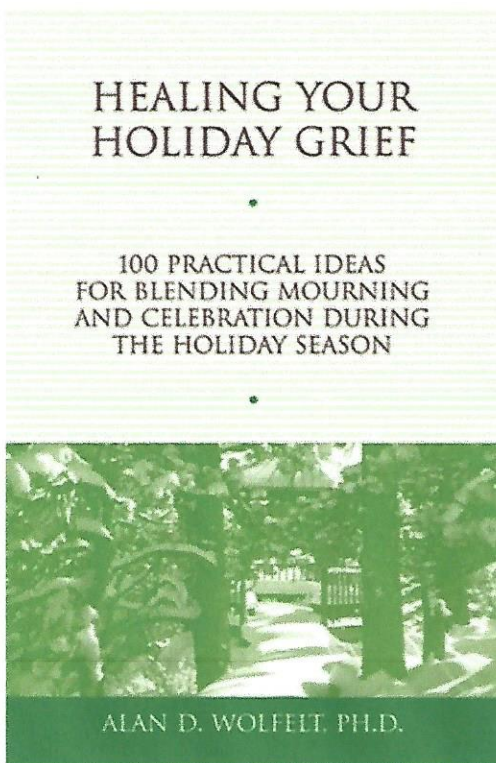
# Librarian's Corner

## Book Highlight

### *Healing Your Holiday Grief*

by Alan D. Wolfelt, PH.D.

Review by Dorinda Gregory



This book outlines 100 different ideas on how to get through the holiday season. Each idea also has a carpe diem exercise on point with the numbered idea. The ideas vary from suggesting to simplify gift giving to singing, starting new holiday traditions, crying, observing a moment of silence, etc. My favorite "carpe diem" exercise relates to Item #70 - Ignoring Hurtful Advice. This idea described how sometimes well-intended, but misinformed family or friends will say hurtful things unknowingly (i.e. keep your chin up, this is a blessing, think of all you have to be thankful for, time heals all wounds, he/she wouldn't want you to be sad, the holidays are a time to be happy, etc.). The exercise said that the next time someone gives you this type of advice to tell the person how you honestly feel, or give yourself permission to walk away. I realized that I really need to practice this.

I also liked the idea of making handmade gifts in memory of the person who died (decorate frames & insert photos of your babies, make holiday ornaments with the name, birth/death dates on them, paint, etc.).

The ideas in this book were extremely helpful and I found a lot of ideas that I hadn't thought about or hadn't given myself permission to do (i.e. cry, embrace my pain, etc.). I almost want to start 100 days before Christmas and follow one idea per day.

There were a few quotes that really stood out to me too. For example:

"Mourners don't recover from grief. We become "reconciled" to it...we learn to live with it and are forever changed by it."

"The only way to the other side is through." - Helen Keller

I'm adding this book to my collection and I know I'll flip through it for coping ideas as the holidays approach. It was a very therapeutic read!