

PATHWAYS CENTER *for* GRIEF & LOSS

BIBLIOGRAPHY: ADULTS COPING WITH SERIOUS ILLNESS

Adams, Lisa Bonchek. **Persevere: A Life With Cancer**

One woman's writings about her life as a legacy to leave for her family. Her writing helps those with cancer feel understood and those without cancer understand.

Bowler, Kate. **Everything Happens for a Reason**

Approaches her cancer memoir from the perspective of a religious historian. Bowler responds to her diagnosis with humor, honesty about the hard parts and a remarkably positive spirit.

Courtney, Candice. **Healing Through Illness, Living Through Dying**

Offers a wealth of practical suggestions and easy-to-follow rituals that help us understand how rituals are about connections with ourselves, each other, our surroundings, our circumstances.

Coutts, Marion. **The Iceberg**

Written by the spouse of a writer who died of a brain tumor when their son was a toddler.

Cote, Lucien. **Parkinson's Disease and Quality of Life**

Provides a comprehensive description of all aspects of life as it relates to Parkinson's disease.

Freed, Rachael. **Heartmates: A Guide for the Partner and Family of the Heart Patient**

A resource for the emotional and spiritual recovery of the loved ones of people with heart disease – find a 'new normal' when change is the only constant.

Freed, Rachael. **The Heartmates Journal: A Companion for Partners of People with Serious Illness**

A weekly journal that combines suggestions for writing with affirmations and short readings about the progress of emotional and spiritual recovery.

Hamma, Robert. **In Times of Illness: Prayers of Hope & Strength**

Provides a source of comfort when struggling with an illness to provide hope and a calmer spirit.

Hauser, Richard. **Finding God in Troubled Times**

Highly recommended for anyone struggling to reconcile God's love and goodness with evil in the world.

Hanford, Mona & Hand, Adrienne. **The Graceful Exit: 10 Things You Need to Know**

Helps a patient live fully and comfortably at the end of life. Prepares the reader to ask the right questions, make wise choices, avoid the trap of false hope and find spiritual support as you plan a graceful exit.

Heegaard, Marge. **Living Well with My Serious Illness**

An art therapy book helping children cope with the early stages of a serious illness.

Kalanithi, Paul. **When Breath Becomes Air**

Written by a young neurosurgeon who was diagnosed with terminal lung cancer.

Riggs, Nina. **The Bright Hour: A Memoir of Living & Dying**

Beautifully articulated experience and search for meaning of a young mother facing her own imminent death as well as her mother's while immersed in the daily dramas of raising her young children alongside her husband.

Umbreit, Mark. **Pathways to Spirituality and Healing: Embracing Life and Each Other in the Face of Serious Illness**

A mind-body-spirit guide to coping with serious illness. Written for patients and family members.

Weems, Reggie. **Help! I'm Living with a Terminal Illness**

Written with a pastor's heart for those coping with a terminal diagnosis. Conveys practical advice, spiritual considerations and an eternal hope that dying and death cannot extinguish.

Wolfe, Jerome. **Fighting for your Life: How to Survive a Life-Threatening Illness**

Presents a comprehensive survey of factors that affect your life and what you can do to make them work for you.

Many of these books can be borrowed from a
Pathways Center for Grief & Loss library either at our Mount Joy or York locations.



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