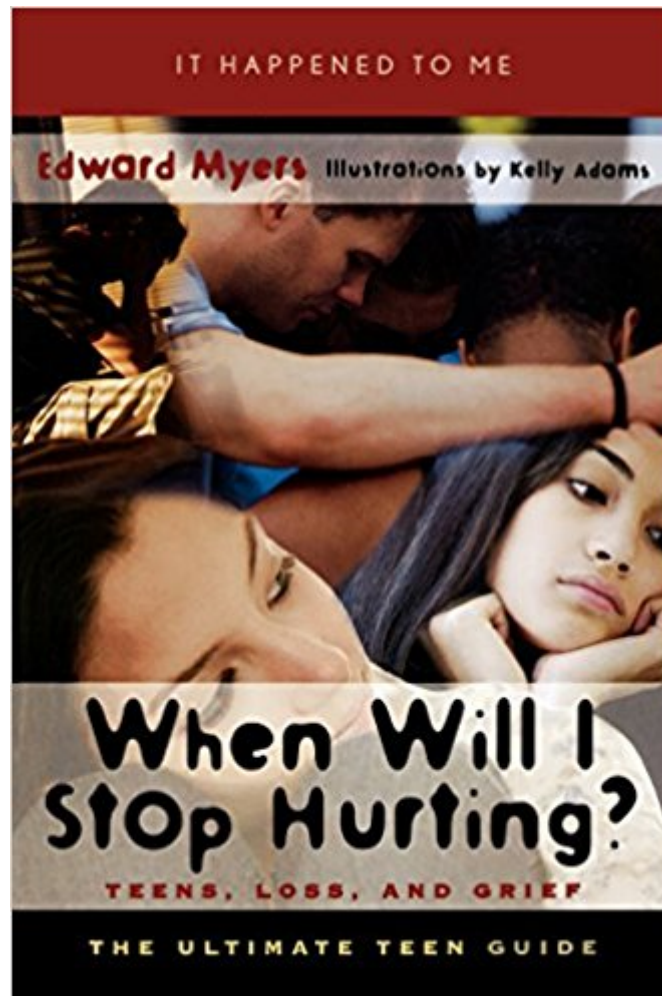




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When Will I Stop Hurting?: Teens, Loss, And Grief (It Happened To Me)



Synopsis

When Will I Stop Hurting?: Teens, Loss, and Grief is a self-help guide for teenagers who are struggling with bereavement and the emotional difficulties it presents. This book provides an overview of grief as a painful but normal process, and it offers insights from bereavement experts as well as practical suggestions for coping with loss, including accounts from teens. This book closes a gap in the available literature on grief and bereavement that has tended to focus on adults and younger children. It provides a warm, accessible resource that will reassure teen readers about the normality of grief, encourage their understanding of what happens during the grief process, and provides resources to help teens cope with their experiences of loss. The author accomplishes these goals by explaining the psychology of grief, by providing psychologists' comments and advice on dealing with bereavement, and by offering teens' insights into their own experiences. Teens who are coping with loss and grief, as well as parents and other relatives, teachers, psychologists, and other adults who are concerned with teens' well being will find this book to be a valuable resource.

Book Information

Series: It Happened to Me (Book 8)

Hardcover: 192 pages

Publisher: Scarecrow Press (March 15, 2004)

Language: English

ISBN-10: 0810849216

ISBN-13: 978-0810849211

Product Dimensions: 7.2 x 0.8 x 10.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,954,483 in Books (See Top 100 in Books) #79 in [Books > Teens > Social Issues > Death](#) #1188 in [Books > Self-Help > Death & Grief > Suicide](#) #1737 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Death & Dying](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

Grade 7 Up *–* An accessible and helpful title. Outlining the phases of the grieving process, Myers incorporates numerous personal accounts and quotes from young adults who have

experienced the death of a family member into the text. He discusses the range of emotions young people may have from anger and fear to relief and sadness and assures readers that these feelings are normal. Encouragement is offered, reminding readers that most people who have experienced such a loss will recover. However, the author also acknowledges that grief can lead to depression and thoughts of suicide and offers checklists outlining warning signs. Throughout the book, students are encouraged to seek outlets for their emotions with trusted adults, family members, counselors, and therapy groups. The final chapter provides an annotated list of helpful organizations—grief counseling centers and other support groups—with contact information. Black line drawings are sprinkled throughout but add little to the text.

Julie Webb, Shelby County High School, Shelbyville, KY Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

The first chapter is perhaps the most helpful and insightful because it contains real stories of loss from teens across the country....The resource guide that lists organizations and associations is a good place for teens to find additional information on loss and grieving. (Voya)

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