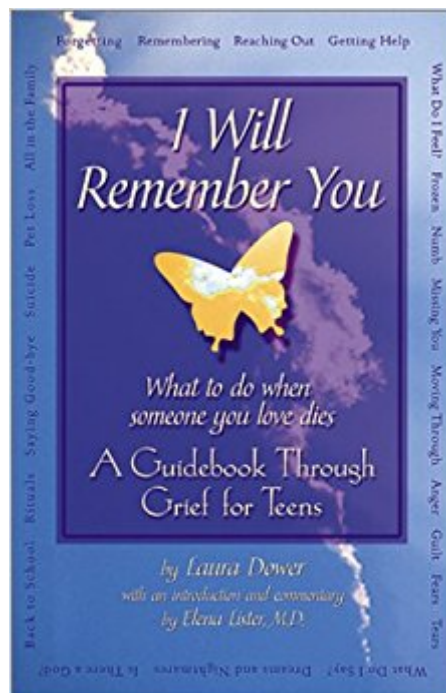




The book was found

I Will Remember You: What To Do When Someone You Love Dies - A Guidebook Through Grief For Teens



Synopsis

Just as death is a part of life, grieving is a part of living. For teens, this can be a particularly painful lesson to learn. *I WILL REMEMBER YOU* is an inspirational and accessible guide to coping with loss. It includes personal stories of death and life from real teens, advice from a renowned grief counselor, and dozens of hands-on creative exercises to help teens move through their pain and sorrow . . . into tomorrow.

Book Information

Age Range: 12 and up

Lexile Measure: 820L (What's this?)

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Average Customer Review: 4.4 out of 5 stars 10 customer reviews

Best Sellers Rank: #978,282 in Books (See Top 100 in Books) #31 in [Books > Teens > Social Issues > Death](#) #701 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Death & Dying](#) #3889 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#)

Customer Reviews

New emotions, new friends, and physical changes make the teen years hard enough to deal with, but when someone close dies, life as a teen can seem almost unbearable. *I Will Remember You* encourages young readers to explore the "long, winding tunnel" of the grieving process, to keep going in the face of terrible loss and sadness. Through stirring words by well-known personalities (E.B. White, Emily Dickinson, Rainer Maria Rilke, Dr. Seuss, Mother Teresa, Woody Allen, even Pooh and Piglet!), as well as from fellow teens who have lost a loved one, grieving teens can begin to take comfort that they're not alone. Each chapter helps readers explore different aspects of grief, such as denial, ritual, remembering, mourning a stranger, and anniversary "aftershocks." Renowned grief counselor Elena Lister, M.D., offers advice based on her many years of professional experience, and author Laura Dower presents dozens of creative, helpful exercises to move through

the experience of loss. As Dower writes in her preface, this book does not provide "the 'right' answers or tell you how or what to feel." Instead, it's more like a "grief map. It helps you to see the path, but it can't tell you where to go." One of the most useful (and impressive) elements of the book is the very sensitive section on what not to say to someone who is grieving (and possible responses to these statements): "You'll get over it. Do you want to tell me when?" "Your mother/father lived a full life. How do you define full?" Of course, Dower also includes a list of more thoughtful, appropriate statements: "I am sorry. How can I help?" "What was your relationship like?" With the gentle help of this guidebook, grieving teens may just make it a little farther through that long, winding tunnel. (Ages 13 and older) --Emilie Coulter

Bought it for my teenage daughter because my spouse has stage 4 cancer. I read it prior to giving it to her to make sure that it would be appropriate and valuable. I am glad I read it since it was informative and comforting for me on two levels. First of all, I found some useful ideas for me. Second, I am happy to have found a tool which I am certain will be useful for my daughter!!!

This is an excellent book for teens who have lost a loved one. It is easy to read and has great quotes and poems written by teens.

As a school counselor, I have given this book to numerous grieving teens. Many of those students reported that the book really helped them. The counselors at my school buy this book when we can find it as it is out of print. I have yet to find another book as good as this one for helping our students with grief and hope that they'll start printing it again.

I bought this book for my student whose mother had passed away a year earlier. He was very appreciative and said it was nice to read.

great book

I bought this book for a young man who had lost his grandmother. i did not read it my self, it was a gift.

I was a contributor to this book and had known about this project a couple years ago when I wrote my piece. I wasn't sure what I was getting into. I thought it was probably just another Chicken Soup

like book. However, I was wrong. This book is the most amazing thing I've seen for teens who are suffering with grief and at the time I was going through everything I would have given my soul for a book like this. I am really proud to have been a part of this project and I found it helpful even today. I hope a lot of grief stricken teens pick this book up. It is truly amazing.

I was 14 years old when my father passed away suddenly. My mom bought me this book about a month after he passed away. It helped me so much. It guided me through much of the first year or so. It was by my side when I went through the first easter, his birthday and my parents anniversary without him. I don't know what I would have done without this book. I would highly recommend this to any teen who has lost someone close to them. Or to any adult wanted to understand what teens go through after losing someone close.

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Grief and Loss: The Five Stages of Grief and Healing Techniques Used for Supporting Someone Who Just Lost a Love One When Someone Very Special Dies: Children Can Learn to Cope with Grief (Drawing Out Feelings Series)
ABA/AARP Checklist for Family Survivors: A Guide to Practical and Legal Matters When Someone You Love Dies
How To Go On Living When Someone You Love Dies Sometimes Life Sucks: When Someone You Love Dies
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