



MY SON ... MY SON ...

**A Guide to Healing
After Death, Loss,
or Suicide**

by
IRIS BOLTON
with
Curtis Mitchell

My Son My Son A Guide To Healing After Death Loss Or Suicide4 Cassettes

L Reisser



My Son My Son A Guide To Healing After Death Loss Or Suicide4 Cassettes:

Words on Cassette, 2002 R R Bowker Publishing, 2002 My Son-- My Son-- Iris Bolton, Curtis Mitchell, 1988 **On Cassette** ,1991 **My Son, My Son** Iris Bolton, Curtis Mitchell, 1984 *My Son.. My Son ... a Guide to Healing After a Suicide* Iris Bolton, 1983 When My Son Died... This Is My Story Michaline Gregorowicz, 2021-11-10 After my son Joey passed away in June of 2000 I struggled to find any books that gave me concrete ideas of how I could help myself through my grieving process Many family members and friends gifted me books but they all told the same story Have faith cherish the wonderful memories and so on Of course all good advice just superficial Then a few years after my son died I happened to be at my hairdresser s when a woman came in I knew her through our sons sports I also knew that her oldest son had also passed away after Joey It was getting close to Christmas so I asked her if they were planning on putting up a tree Her answer floored me She had two other teenaged children at home She shared with me that after her older son died her surviving children wanted nothing to do with Christmas no tree no lights nothing So as my heart broke for her I began telling her how I and my family celebrated our first Christmas after Joey died and how that became a new tradition that continues through today After listening to my story this mom told me that I had helped her more in the last fifteen minutes than anyone else had up to this point That was my light bulb moment And the spark to write my book was ignited In the first few chapters of my book I do recount the day my son died his viewing and his funeral I also discuss the many other issues that have to be dealt with during the months afterward Although sad I felt that this was an important part of my grieving process But in the chapters that follow I describe all the positive actions we took that helped us to go on I discuss new found hobbies seeking professional help medium readings and even the many beautiful signs I feel my son sends us to let us know he is alright So in addition to a journey filled with very specific steps I and my family took to survive it is also a story of my spiritual journey So if you or anyone you know has lost a child or loved one I am confident that some idea or story in my book will help them

Little Steps James Adams, 2020-08 All too often survivors of a loved one s suicide are left behind struggling with a loss that fosters stigma shame blame guilt and abandonment For the survivor these struggles last long after the funeral is over and friends and relatives have returned to their daily lives Healing the loss after the suicide of a love one is about restarting your life with nothing firm to stand on Little Steps is the guided process James Adams recorded in his journal documenting before during and after his son committed suicide It starts with conversations where voices of wisdom are guiding him along a spiritual path of discovery then as he was confronted with his loss those conversations shifted toward coping with and understanding the grief process Feeling left behind and somehow responsible James continued to write his guided conversations as he dealt with lingering questions Why did he do this What should I have done differently What could I have done differently If only I had known What did I do wrong These real time journaled conversations capture in a loving spiritual and supportive way all the drama trauma and recovery as they occurred making Little Steps a powerful documentary of

healing from a traumatic loss Life After the Death of My Son Dennis L. Apple, 2008 Shares a glimpse of the unspeakable pain helplessness frustration and eventual healing that the author and his wife experienced since losing their son offering comfort and connection to those walking similar paths Original **Little Steps** James Ream Adams, 2020-04-27 All too often survivors of a loved one's suicide are left behind struggling with a loss that fosters stigma shame blame guilt and abandonment For the survivor these struggles last long after the funeral is over and friends and relatives have returned to their daily lives Healing the loss after the suicide of a loved one is about restarting your life with nothing firm to stand on Little Steps is the guided process James Adams recorded in his journal documenting before during and after his son committed suicide It starts with conversations where voices of wisdom are guiding him along a spiritual path of discovery then as he was confronted with the trauma of his loss those conversations shifted focus towards coping with and understanding the grief process as it unfolded Feeling left behind and somehow responsible James continued to write his guided conversations as he dealt with the questions of Why did he do this I should have I could have if only I had known or done what did I do wrong These real time journaled conversations capture in a loving spiritual and supportive way all the drama trauma and recovery as they occurred making Little Steps a powerful documentary of healing from a traumatic loss

My son died, how do I go on? Farzana Prior, 2021-01-22 This is a handbook for a parent looking at steps to recovering after the death of a child One comment from a reader Poignant yet not burdensome It is a spirited read exuding fragrance a gentleness and is a soft uplifting hand to raise a parent as they watch their child euphorically fly towards the heavens This book looks at the death of a child and a mother's coping mechanism I wrote this book to help me understand what happened It is a book that can comfort others who have lost family members in similar circumstances It is also a book that can help people who haven't lost a child to understand how to assist those who have Letters to My Son Mitch Carmody, 2002-04 Powerfully written book about death grief loss and recovery Letters to My Son Mitch Carmody, 2011-03 The second edition of Letters to My Son is even more powerful than the first edition with many more pages of valuable insights into the griever's journey This edition also contains many more of the author's evocative pencil illustrations This moving exploration of the process of grieving is authored by a father whose nine year old son died following a two year battle with a recurring malignant brain tumor During the months that followed his son's death the author wrote letters and poems to his son as a catharsis for his grief In that process he discovered that there is life after death on both sides of the equation and that miracles do happen A compelling story of love loss and recovery that will grab your heart nourish your soul and open your eyes Letters to My Son is a must read for anyone who has experienced a great loss and is trying to find some path out of the darkness of their despair **My Son and the Afterlife** Elisa Medhus, 2013-10 Love knows no boundaries not even death An emotional journey through a mother's grief to healing and a doctor's skepticism to belief discover the answers that changed one woman's life forever and may just change yours too Are you not sure of what awaits you after death Dr Elisa Medhus

wasn't either having never believed in life after death As an accomplished physician she placed her faith in science All of those beliefs changed after her son Erik took his own life and then reached out to her from the other side Intimate heartbreaking and illuminating this is an incredible journey from grief and skepticism to healing and belief in the afterlife Based on Medhus's wildly popular blog Channeling Erik My Son and the Afterlife is a story that is as painful as it is uplifting depicting a mother's healing journey as she discovers that Erik is still with her Erik speaks from the other side with candor wisdom and depth as he describes his own experiences and provides new answers about the nature of souls death and the afterlife answers that have the potential to change our lives forever Content warning Please note that there is some explicit language present in this book *On the Death of My Son* Jasper Swain,1974 **After Your Child's Suicide** Rebecca Tervo,2018-08-10 When Rebecca Tervo awoke on January 29 2012 it seemed like just another lazy Sunday morning What she didn't realize was that her life and the life of her family had already been changed forever Her 17 year old son Trevor was already dead of suicide in an adjacent room she just didn't know it yet Rebecca learned how to create a happy and meaningful life through some dark days after Trevor's death She now uses those same tools with her clients in her coaching practice This book is a starting point for you if you are a parent who has lost a child to suicide It will guide you through the use of just some of the tools that helped Rebecca create the life she has today Please see Rebecca's website at rebeccatervo.com or thehealingheartjourney.com for further tools and guidance **Angel By My Side** Jwanna Savoie-Powell,2023-12-12 Dedicated to Avionne J Thomas and Krischell Cannon Thomas Fly High Avi Discover Serenity in Sorrow Navigating the Waves of Grieving a Lost Child For any parent the loss of a child is an unspeakable tragedy that seems to defy the natural order of the world *Angel By My Side Healing After the Death of a Child* is a gentle compassionate guide that lights a path through the darkest of times This profound book embraces the heartache of loss and provides solace and support when they are needed most In the wake of unfathomable pain this book offers a heartfelt embrace Chapter 1 Embracing the Unthinkable leads you through the gravity of loss and the disorienting aftershocks that follow providing grounding insights to help you acknowledge the devastating reality you face With each chapter the book serves not only as a testament to your resilience but also as a compassionate companion on your personal journey through grief The Grief Journey in Chapter 2 delves deep into the maze of emotions that encompasses grief With wisdom and tenderness it guides you to understand and navigate through the complex stages of mourning acknowledging that each person's journey is unique and deeply personal By sharing effective Coping Mechanisms and ways to Nurture the Family Dynamic the book equips you to build a foundation of support for the entire family It gently introduces rituals memorials and practices to honor your child's memory in Chapter 3 and provides strategies to maintain the family unity in Chapter 4 As you move heartfully through the pages you'll find guidance on Preserving Memories and Self Care and Healing You'll learn how to keep your child's spirit alive and channel your grief into meaningful action You'll discover healing activities and self care strategies designed to bring comfort and a measure of peace

Finding a way to Move Forward with Their Spirit in Chapter 7 the book gently encourages embracing new beginnings while living with your child's legacy The Conclusion ties this transformative journey together offering a beacon of hope for the road ahead Included in the appendix are invaluable resources for further support ensuring that you are never alone Embark on a healing journey with Angel By My Side Healing After the Death of a Child as your guide and find strength and solace as you remember and honor your angel forever by your side PHIL Kim McGuire,2015-03-13 There is no one and nothing that can break the bond between a mother and her sons These are the words that Phil brought to me in the middle of the night It will never cease to amaze me how my son still communicates from the other side It's as if he knows just what I need when I need it If you've ever felt a heart ache so intense that you thought your heart may just fly right out of your chest If you've ever known grief so unimaginable that your mind can't comprehend what's happening If you've ever known the unexplainable pain of losing a child Then you know the longing to talk to them to see them to hug them just one more time Are you receiving signs messages and dream visits from your child What are they trying to tell you Is there really life after death Do our souls really continue on Perhaps some of these questions and more will be answered for you here in this is true story of one mother's journey through the most intense pain any parent has ever had to endure It's a journey through self discovery strength and courage The courage to live life when the most unimaginable loss has happened *My Son Died* Ebony S Walker,2021-02-19 My Son Died is a story based on my life when my son passed away at the age of 20 years old The chapters go through everything I endured during this grieving process including receiving the call that my son passed away to taking drugs to cope losing relationships and changing my life and receiving Christ and becoming a woman of God This book is written to help you through the very hard times of grief and uplift the fallen Lessons in Surviving Suicide Vonne Solis,2021-02-26 When I first became bereaved in 2005 after the suicide of my daughter at age twenty two more than anything I wanted another bereaved parent to tell me exactly what I could expect from my grief What would it be like Would it ever end Critically how could I possibly live without my child I was terrified I had thousands of questions and no real answers The future looked bleak Fifteen years later I am that parent I so desperately wanted to learn from This book is to help newly bereaved parents who have lost their child to suicide navigate early grief and be aware of the issues that can complicate grief The body of each chapter has been written as a personal letter to my daughter In a raw and candid sharing I recount the difficult emotions and issues that have challenged my efforts to fully heal from her suicide The lessons learned at the end of each chapter are the result of the introspection that only time can give us They are intended to help every parent reading this book find comfort and healing on their journey from all that I've learned looking back on my own While all bereaved parents have thousands of questions related to the death of their child suicide presents its own unique questions and challenges Not knowing the reasons for their child's death can create lasting suffering for grieving parents and complicate their grief Time is bittersweet The more it passes the more it can challenge bereaved parents to accept the

finality of their child's death. It can also trap us in only surviving the trauma and pain we experience after our losing our child rather than being able to embrace truly living. But time also gives us the increasing courage and ability to reflect on our loss and pain which is necessary to heal. I remain optimistic that we can heal from what is perhaps the toughest loss for anyone to bear. This book comforts and encourages every bereaved parent to contemplate the difficulties that will challenge them in their grief. It also serves as a compass to guide them to the destination they want and that does await them when they believe and trust that they can and will find their way.

From My Son's Garden Brenda Greene, 2002-02

From My Son's Garden is about mother's personal journey of coping with life after the death of her oldest child. It is a story that offers family and friends who have been left behind after such a devastating loss ways in which to deal with their grief. This honest account of the emotional and physical toll after a teenager's death will help give understanding and direction.

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