

Degriefing® Recommended Music, Books and Films

Updated July 7, 2011

Music for Degriefing® (by Title)

- A Solitude ambient experience, Herberman, John.
- Adagio: Music for Massage, *Peter Davison*
- Adagio: Music for Meditation, *Peter Davison*
- Adagio: Music for Relaxation, *Peter Davison*
- After the Rain, *Michael Jones*
- Ancient Echoes, *Steven Halpern & Georgia Kelly*
- Bamboo Waterfall, *Nature Recordings*
- Buddha's Dream, *Lee Riley*
- Canyon Trilogy, *Nakai R. Carlos*
- Chrysalis, *Real Music*
- Desert Dance, *Nakai R. Carlos*
- Dream Spiral, *Hilary Stagg*
- Haleakala, *C.G. Deuter*
- Healing Touch, *Nadama*
- Hour of the Pearl, *Erin Jacobsen*
- In Search Of Angels, *Windham Hill Records*
- Inside Canyon de Chelly, *Nakai R. Carlos & Paul Horn*
- Like the Wind in the Trees, *C.G. Deuter*
- Machu Picchu Impressions, *Rusty Crutcher*
- Migration, *Nakai R. Carlos & Peter Kater*
- Musical Massage: Balance, *David Darling*
- Nirvana Road, *C.G. Deuter*
- Ocean Eclipse, *Rusty Crutcher*
- Ocean Light, *Paul Michael Meredith*
- Piano Dreamers, *Various Artists*
- Reiki Ocean, *Prem Sambodhi*
- Reiki: Hands of Light, *C.G. Deuter*
- Serpent Mound, *Rusty Crutcher*
- Shamanic Dream: spiritual environment, *Anugama*
- Spectrum Suite, *Steven Halpern*
- Sweet Return, *Hilary Stagg*
- Temple in the Forest, *David Naegele*
- The Edge of Forever, *Hilary Stagg*
- Waking the Cobra, *Baird Hersey*
- Yoga One, *Life Force*
- Yoga: music for mind, body & soul. *Ron Allen*
- You Are the Ocean, *Schawkie Roth*

Books for Degriefing® (by author)

- Achterberg, Jeanne. **Imagery in Healing: Shamanism & modern medicine.** Shambala Publications, Boston, MA, 1985
- Amodea, John. **The Authentic Heart : An Eightfold Path to Midlife Love.** John Wiley & Sons, N.Y. 01
- Anderson, Megory. **Sacred Dying: Creating Rituals for Embracing the End of Life.** Prima Publishing, Roseville, CA., 2001
- Boss, Pauline. **Ambiguous Loss: learning to live with unresolved grief.** First Harvard University Press paperback edition, 2000
- Boucher, Sandy. **Hidden Spring: A Buddhist Woman Confronts Cancer.** Wisdom Publications, Somerville, MA. 2000
- Brennan, Barbara Ann. **Hands of Light.** Bantam Books: N.Y., 1987
- Chodron, Pema. **When Things Fall Apart: Heart Advice for Hard Times,** 2000
- Dawson Church. **The Heart of Healing: Inspired Ideas, Wisdom and Comfort from Today's Leading Voices.** Elite Books, Santa Rosa, CA., 2004
- Devananda, Vishnu Swami. **The Sivananda Companion to Yoga.** Simon & Schuster 1983
- Diemer, Deedre. **The ABC's of Chakra Therapy: A workbook.** Samuel Weiser, Inc., York Beach, ME., 1995
- Doidge, M.D., Norman, **The Brain that Changes Itself.** Penguin Group NY. NY. USA, 2007
- Doka, Ph.D., Kenneth J. - Hospice Foundation of America- **Living with Grief After Sudden Loss: Suicide, Homicide, Accident, Heart Attack, Stoke.** Taylor & Francis, Bristol, PA., 1996
- Drozda, Donna Iona. **Twenty-Two Prayer Poems for Care Givers.** Wren House, Virginia Beach, VA. 1999
- Dubus III, Andre, **House of Sand and Fog.** Vintage Books, 2000
- Eckberg, Maryanna. **Victims of Cruelty.** North Atlantic Books, Berkeley, CA 2000
- Emoto, Masaru. **Messages from Water: the messages from water are telling us to look inside ourselves.** HADO Kyoikusha, Yanagibashi, Taito-ku, Tokyo, Japan 2000
- Fine, Carla. **No Time to Say Goodbye: Surviving the Suicide of a Loved One.** Broadway Books a division of Random House, Inc. N.Y., N.Y., 1997
- Fischer-Rizzi, Susanne. **Complete Aromatherapy Handbook: Essential Oils for Radiant Health.** Sterling Publishing Co., Inc., N.Y., 1990
- Garfield, Laeh Maggie. **Sound Medicine: Healing with Music, Voice and Song.** Celestial Arts, Berkeley, CA. 1987
- Gendlan, Eugene T. **Focusing,** Bantam Books, New York, 1981
- Goodheart, Ph.D., Annette. **Laughter Therapy: how to laugh about everything in your life that isn't really funny.** Less Stress Press, Santa Barbara, CA., 1994
- Gray, Kathleen and Lassance, Anne. **Grieving Reproductive Loss: The Healing Process.** Baywood Publishing Company, Inc., Amityville, N.Y., 2003

- Grenshaw, David A.. **Bereavement: Counseling the Grieving throughout the Life Cycle.** The Continuum Publishing Company, N.Y., N.Y. 1991
- Harris, Ph.D., Maxine. **The Loss that is Forever: The lifelong Impact of the Early Death of a Mother or Father.** A Plume Book-Penguin Group, N.Y, N.Y., 1996
- Herman, Judith Lewis. **Trauma and Recovery. The aftermath of violence from domestic abuse to political terror.** N.Y., '92
- Hickman, Tom. **Death: A User's Guide.** Bantam Dell a division of Random House Inc. N.Y., N.Y., '02
- Huber, Cheri. **The Depression Book.** Keep it Simple Books, Murphys, CA 19
- James, John W. and Cherry, Frank. **The Grief Recovery Handbook.** Harper & Row: N.Y., 1988
- Jones, J. Phillip. **Light on Death: the spiritual art of dying.** Mandala Publishing, San Rafael, C.A., '07
- Kabat-Zinn, Ph.D., Jon. **Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness.** Bantam Doubleday Dell Publishing Group, Inc., N.Y., N.Y., 1990
- Kabat-Zinn, Jon , Williams, Mark; Teasdale, John; Segal, Zindel, **The Mindful Way through Depression: freeing yourself from chronic unhappiness.** The Guilford Press, N.Y., N.Y., '07
- Kapleau, Philip. **The Zen of Living and Dying: A Practical and Spiritual Guide.** Shambala Publications, Inc., Boston, MA., 1998
- Kramer, Kenneth. **The Sacred Art of Dying: How World Religions Understand Death.** Paulist Press Mahwah, N.J. 1988
- Kubler-Ross, Elisabeth. **On Death and Dying.** MacMillan Co: N.Y., 1988
- Kübler-Ross, Elisabeth and Kessler, David. **On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss.** Scribner, N.Y., N.Y., 2005
- LaGrand, Ph.D., Louis E.. **Messages and Miracles: Extraordinary Experiences of the Bereaved.** Llewellyn Publications, St. Paul, MN, 1999
- Levine, Peter, **Waking the Tiger: Healing Trauma.** North Atlantic Books, Berkley, 1997
- Levine, Stephen. **A Year to Live.** Bell Tower: N.Y., 1997
- Levine, Stephen. **Healing into Life and Death.** Anchor Press: N.Y., 1987
- Levine, Stephen. **Who Dies?.** Doubleday: N.Y., 1982
- Lewis, C.S., **On Grief :** Thomas Nelson Publishers, Nashville TN 1998 *** (A Grief Observed)
- Lewis Herman, M.D., Judith. **Trauma and Recovery: The aftermath of violence-from domestic abuse to political terror.** HarperCollins Publishers Inc.N.Y.,N.Y., 1992
- Mein, Eric M.D. **Keys to Health.** Harper & Row: N.Y., 1989
- Montagu, Ashley. **Touching.** Harper & Row: N.Y., 1971
- Myss, Caroline. **Anatomy of the Spirit.** Crown Publishers: N.Y., 1996
- Martin, Terry L. and Doka, Kenneth J. **Men Don't Cry...Women Do: Transcending Gender Stereotypes of Grief.** Brunner/Mazel, Philadelphia, PA., 2000

- Mumford (Swami Anadapila Saraswati), Dr. Jonn. **A Chakra & Kundalini Workbook: Psycho-Spiritual**
- Murray RN, BSN, MA, CHPCN(C), Katherine. **Essentials in Palliative Care: A Resource for Caregivers.** Life and Death Matters, Saanichton BC, Canada, 2006
- Nelson M.D., John E. and Nelson, Psy.D., Andrea. **Sacred Sorrows: Embracing and Transforming Depression.** Penguin Putnam Inc., N.Y., N.Y. 1996
- Patchett, Anne, **The Magicians Assistant.** Harcourt NY 1997
- Pelletier, Kenneth R. **Mind as Healer, Mind as Slayer: A holistic approach to preventing stress disorders.** Dell Publishing a division of Bantam Doubleday Dell Publishing Group, Inc., N.Y., N.Y., 1992
- Pert, Ph.D., Candace B.. **Molecules of Emotion: The Science Behind Mind-Body Medicine.** Scribner, N.Y.,N.Y., 1997
- Ruiz, Don Miguel. **The Four Agreements .** Amber-Allen Publishing, Inc., San Rafael, CA., 2004
- Ruiz, Don Miguel with Mills, Janet. **The Voice of Knowledge: A practical guide to Inner Peace.** Amber-Allen Publishing, Inc., San Rafael, CA., 2004
- Outerbridge, David E. and Hersh M.D., Alan R. **Easing the Passage: A guide for prearranging and ensuring a pain-free and tranquil death via a living will, personal medical mandate, and other medical, legal and ethical resources.**Harper Collins Publishers, N.Y., N.Y., 1991
- Pausch, Randy with Zaslow, Jeffrey. **The Last Lecture.** Hyperion, N.Y., N.Y., 2008
- Rando, Therese A. **Grief Dying, and Death: Clinical Interventions for Caregivers.** Research Press Company, Champaign, IL., 1984
- Rando, Therese A. **Grief, Dying, and Death.** Research Press: Ill. 1984
- Remen, Rachel Naomi. **Kitchen Table Wisdom.** Berkley Publishing, N.Y. 1994
- Rinpoche,S. **The Tibetan Book of Living and Dying.** HarperCollins: N.Y., 1992
- Selby John. **Kundalini Awakening.** Bantam Books, N.Y., 1992
- Schatz, William H. **Healing a Father's Grief.** Medica Publishing Co., Redmond, WA., 1984
- Schwiebert, Pat ; DeKlyen, Chuck and Bills, Taylor (Illustrator). **Tear Soup: A recipe for healing after loss.** Grief Watch, Potland, OR., 2008
- Siegel, Bernie S. **Love, Medicine and Miracles.** Harper & Row: N.Y., 1986
- Singh, Kathleen Dowling. **The Grace in Dying.** HarperCollins: N.Y., 1998
- Sonsino, Rifat and Syme, Daniel B. **What Happens After I Die: Jewish Views of Life After Death.** UAHC Press, N.Y., N.Y., 1990
- Stahl, Ph.D.,Bob & Goldstein, Ph.D., Elisha. **A Mindfulness-Based Stress Reduction Workbook,** NewHarbinger Publications, Oakland, CA 2010
- Staudacher, Carol. **A Time to Grieve: meditations for healing after the death of a loved one.** HarperSanFrancisco a division of HarperCollinsPublishers, N.Y., N.Y., 1994

- Stebnicki, Marc A., **Empathy Fatigue: Healing, Mind, Body and Spirit of Professional Counselors**, Springer Publishing, N.Y.,N.Y. 2008
- Stone, Hal & Sidra. **Embracing Our Selves: The Voice Dialogue Manual**. Nararaj Publishing, Novato, CA. 1989
- Tatelbaum, Judy. **The Courage to Grieve**. Harper & Row, N.Y., 1980
- Thompson, Helen. **Milagros: A Book of Miracles**. HarperCollins Publishers, N.Y., N.Y., 1998
- Walter, Carolyn Ambler & McCoyd, Judith. **Grief and Loss across the Lifespan**.
- Weiss, Brian. **Many Lives, Many Masters**. Simon & Schuster, N.Y., 1988
- Wilber, Ken & Treya. **Grace and Grit**, Shambala, CA, 2001
- Worden, William J. **Grief Counseling and Grief Therapy**. Springer Publishing Co: N.Y. 1992

Books on Aroma Therapy

- Albright, M.D., Peter and Selby, Anna. **Aromatherapy: An introduction to the essential oils and their therapeutic uses**. MACMILLAN, N.Y., N.Y., 1996
- Hobbs, Christopher. **Handbook for Herbal Healing: A Concise Guide to Herbal Products**. Botanica Press, Santa Cruz, CA., 1995
- Lavabre, Marcel. **Aromatherapy Workbook**. Healing Arts Press, Rochester, VT. 1997
- Compiled by Essential Science Publishing. **PDR: People's Desk Reference for Essential Oils**. 1999
- Tisserand, Maggie. **Aromatherapy for Women: A Practical Guide to Essential Oils for Health and Beauty**. Healing Arts Press, Rochester, VT., 1988
- Tisserand, Robert B.. **The Art of Aromatherapy: The Healing and Beautifying Properties of the Essential Oils of Flowers and Herbs**. Healing Arts Press, Rochester, VT., 1977

Films for Degriefing® (by title)

- An Affair to Remember (Original version)
- Bambi
- Barfly
- Born on the Fourth of July
- Chocolat
- The Cider House Rules
- Days of Wine and Roses
- Dead Man Walking
- Eat, Pray, Love
- House of Sand and Fog
- The Deer Hunter
- The Diary of Anne Frank
- The End of the Affair
- Fanny and Alexander
- Full Metal Jacket
- The Godfather
- The Heart Is a Lonely Hunter
- Jackknife
- My Life As House
- Lorenzo's Oil
- Love Story
- Mask
- Message in a Bottle
- My Left Foot
- Mystic River
- Ordinary People
- Pollock
- Reds/Revolutionary Road
- Saving Private Ryan
- Schindler's List
- Seven Pounds
- Shine
- Sophie's Choice
- Stepmom
- Sweet November
- Terms of Endearment
- The Bedroom
- Doctor
- The Heart Is a Lonely Hunter/The Piano
- The Reader
- The Sweet Hereafter
- A Thousand Acres
- Truly, Madly, Deeply
- Whose Life Is It Anyway?
- Wit

Self-Reflection / Introspective Cards

- Angel Cards
- Animal Cards: Find One's Animal Totem
- Journal Cards! ©1999 Sue Meyn, M.C
- Mexico Day of The Dead. Shambala Redstone Editions.
- OSHO® Zen Tarot: The Trascendental Game of Zen. St. Martin's Press N.Y., N.Y.
- OSHO® Transformation Tarot: Insights & parables for renewal in everyday life. St. Martin's Press N.Y
- The Power Deck by Lynne Andrews
- THE ART BOX. Phaidon
- Well Being Cards