



The Wilderness of Suicide Grief: Finding Your Way (Understanding Your Grief)

Alan D. Wolfelt PhD

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Presenting the idea of wilderness as a sustained metaphor for grief, this compassionate guide explores the unique responses inherent to the grief felt by those who have experienced the suicide of a loved one and offers information about coping with such a profound loss. Likening the death of a loved one to the experience of being wrenched from normal life and dropped down in the middle of nowhere, the handbook employs 10 touchstones, or trail markers, that survivors use to begin to make their way through the new landscape. Each touchstone gently guides readers through the entire grieving process and includes topics such as dispelling misconceptions regarding suicide, exploring feelings, and embracing the uniqueness of a loss.

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