

**The following carenotes are available. Please call me at 310-338-9043 or email me at [blank8840@gmail.com](mailto:blank8840@gmail.com) and leave your name, address and title of each carenote you would like me to mail to you at no charge.**

### **CARENOTES ON GRIEVING**

1. Overcoming Loneliness After Loss
2. Helping a Child Grow and Grieve
3. When a Death Comes Unexpectedly
4. Grieving with a Grateful Heart
5. Understanding A Near Death Experience
6. Taking Care of Yourself While Grieving
7. Making Funeral Arrangements in Advance
8. When a Family Pet Dies
9. Living Alone After the Death of a Spouse
10. It's Not Too Late to Forgive Someone Who Has Died
11. Taking the Time You Need to Grieve Your Loss
12. Suffering Alone with a Grief Kept Secret
13. Feeling Overwhelmed When One Loss Follows Another
14. Finding Light in the Darkness of Grief
15. Be Gentle With Yourself While Grieving
16. Coping with Loneliness or Depression as we Age
17. A Lenten Journey through Grief
18. Losing Your Mom
19. Losing Your Dad
20. Grieving the Loss of Your Parent
21. Cherishing Your Memories of a Loved One
22. What Grieving Does to the Body
23. The Ten Biggest Myths about Grieving
24. Living Life After a Loved One Dies
25. Five Ways to Get through the First Year of Loss
26. Grieving in your Own Way
27. A Checklist in the Midst of Loss
32. Getting Thru the Holidays
33. Overcoming the Blues at Christmas
34. 6 Tips for Coping with Grief at Christmas
35. 10 Ways to Honor a Beloved at Christmas
36. Pathways Thru your Christmas Grief
37. Finding Your Way After the Death Spouse
38. 12 Reflections for 1<sup>st</sup> 12 weeks of Grieving
39. Grieving the Death of your Brother or Sister
40. Losing Someone Close
41. Losing Your Husband
42. Losing Your Wife
43. Giving Yourself Permission to Grieve
44. End of Life Concerns: Guide for Families
45. Getting Thru 1<sup>st</sup> Weeks after a Funeral
46. Getting Thru Annual Reminders of Loss
47. A Healing Year: 12 Essentials
48. Handling Heartbreak of a Sudden Death
49. Final Conversations with Dying Loved One
50. The Grief You Feel Before the Loss
51. How Dying Persons Teach us to Live
52. How to Help Sufferers of Depression

### **CARENOTES ON CANCER**

28. Prayers for Coping with Cancer
29. Facing Uncertainty of Cancer
30. Confronting Fears When a Loved One Has Cancer
31. Facing Cancer as a Family
55. Living and Dying with Alzheimer's
56. Role-Reversal- Caring for Aging Parents
57. Becoming a More Confident Caregiver
58. Self-Care for Caregivers
59. Overcoming Caregiver Depression
60. Caring for Yourself while caring for Someone Ill
61. Using Hospice Care for Terminally Ill
62. What you Should Know About Dementia
63. Feeling Overwhelmed by Loved One's Illness
64. Coping with Someone you Love is Dying

### **CARENOTES ON CAREGIVING**

53. What Everyone should Know Palliative Care
54. When Should Palliative Care be Used