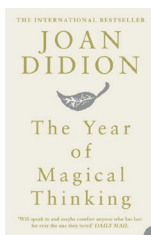


Amber Jeffrey's

Books to help us with death and grief

Dying Matters



The Year of Magical Thinking

by Joan Didion

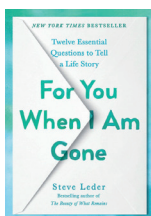
Didion captures the mundanity of grief so well - how it creeps into your everyday life, like when you're doing the washing up or driving to work, bam. So often in grief we concentrate on the big things, but it's often in the quiet, boring parts that grief can really hit.



The Hare Shaped Hole

by John Dougherty

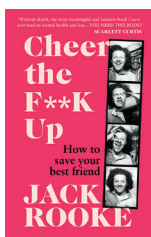
The book follows best friends Hertle and Bertle, until one day Hertle isn't here. Acknowledging the conflicting feelings that death brings, what I love most is the guidance on how to keep memories of those we love and miss alive. The perfect starter book for introducing children to death.



For you when I am gone

by Rabbi Steve Leder

When we think about getting our affairs in order, we often think about writing wills, but do we think about our ethical wills? In this book, Steve asks us 12 questions that can help shape the life story we want to leave behind. And more so, it gets us thinking about the life we're currently living.



Cheer the F**k Up

by Jack Rooke

The right dose of funny and heartbreaking, I devoured this book. Jack recounts having his Dad die when he was in his teens and later a friend dying by suicide. The complexities of those coming-of-age years whilst also navigating grief. There's also a plethora of Spice Girl & early 2000 music references.



You Are Not Alone

by Cariad Lloyd

Cariad shares her learnings over the 20+ years she's been grieving. Parts of the book have you ferociously nodding! It really makes you feel exactly what the title says, that you are not alone.



Amber Jeffrey is a celebrated podcast host and online community facilitator. Her work & podcast, The Grief Gang, specialises in breaking down the stigma around grief one conversation at a time.

Dying Matters is a campaign run by Hospice UK

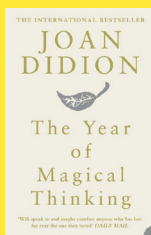
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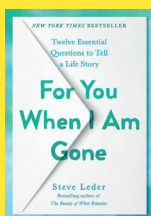
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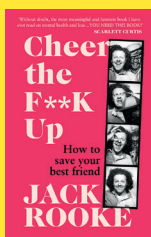
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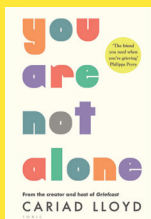
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