

OTHER RESOURCES

Day 5 Writing and Grief:

More from Hope Edelman:

- <https://hopeedelman.com/>
- https://www.amazon.com/Hope-Edelman/e/B001JSBFFQ%3Fref=dbs_a_mng_rwt_scns_share

More from Bobby Roth/PEARL:

- **How to Watch:** https://www.amazon.com/Pearl-Anthony-LaPaglia/dp/B08DBWJXT5/ref=sr_1_1?dchild=1&keywords=Pearl+2020&qid=1598575757&s=ins-tant-video&sr=1-1
- <https://www.usatoday.com/story/opinion/voices/2020/08/11/pearl-movie-families-after-gun-violence-coping-with-loss-column/3332861001/>
- <https://www.rollingstone.com/music/music-features/patti-scialfa-interview-pearl-movie-quarantine-bruce-springsteen-1041018/>
- <http://bobbyroth.net/>

More from Maria Quiban Whitesell

- <https://www.foxla.com/news/good-day-las-maria-quiban-reflects-on-grief-and-healing-in-new-book>
- <https://www.amazon.com/You-Cant-Do-Alone-Journey/dp/0738285943>

More from Kate Spencer:

- <http://www.katespencerwrites.com/>
- <https://www.thekitchn.com/kate-spencer-forever35-the-way-we-eat-22902767>

More from Laurie Grad:

- <http://lauriegrad.com/blog/the-letter-i-wrote-to-my-lost-love/>

Tears and Tequila, by OUR HOUSE Founder, Jo-Ann Lautman

- <https://tearsandtequila.com/>
- <https://www.ourhouse-grief.org/product/tears-and-tequila/>
- <https://modernloss.com/tears-and-tequila-in-tinseltown/>

JOURNALING

- <https://www.hope-wellness.com/blog/20-journal-prompts-for-grief-loss>
- <https://mindfulnessandgrief.com/grief-journaling/>

WRITING

- <https://prowritingaid.com/art/671/How-Writing-Can-Help-You-Through-Your-Grief.aspx>
- <http://writingandwellness.com/2017/11/15/how-to-write-your-way-through-loss-and-grief/>

POETRY

- <https://powerpoetry.org/actions/5-poems-about-grief-and-healing#:~:text=Poems%20often%20carry%20themes%20that,death%2C%20love%2C%20and%20loss.&text=It%20can%20be%20the%20loss,poems%20in%20many%20different%20ways.>
- <https://www.npr.org/templates/story/story.php?storyId=126282089>
- <https://mindfulnessandgrief.com/describe-your-loss-through-poetry/>
- <https://www.psychologytoday.com/us/blog/the-empowerment-diary/202004/how-deal-grief-using-poetry>

HAIKU

- <http://www.journey-through-grief.com/haiku.html>

MEMOIRS

- <https://longreads.com/2018/03/01/how-to-write-a-memoir-while-grieving/>
- <https://noeditorial.com/blog/crafting-a-grief-memoir>

