



Library Books & Resources Available through
Mourning Hope's Lending Library:

Section: Adult Books
Topic: Positive Outlooks

Title	Author (Last Name)	Description
90 Minutes In Heaven	Piper	On the way home from a conference, Don Piper's car was crushed by a semi-truck that crossed into his lane. Medical personnel said he died instantly. While his body lay lifeless inside the ruins of his car, Piper experienced the glories of heaven, awed by its beauty and music. 90 minutes after the wreck, while a minister prayed for him, Piper miraculously returned to life on earth with only the memory of inexpressible heavenly bliss. His faith in God was severely tested as he faced an uncertain and grueling recovery. Now he'd like to share his life-changing story with you.
After the Darkest Hour	Brehony	Psychotherapist Brehony has written a thoughtful, upbeat book that stresses that we will all suffer, that we can't avoid it, and that to do so well will ultimately enrich our lives. With many anecdotes from her practice, family, and friends, she weaves together touching stories of suffering and redemption. The first half of the book describes the nature of suffering, its transformative power, how different people react to suffering, and choices to be made. The second section deals with 12 concrete ways to encounter suffering and grow through it.
A 2 nd Helping of Chicken Soup for the Soul	Canfield	A collection of inspirational writings follows themes of love, developing a positive attitude, humor, and healthy relationships, and features the works of such authors as Tony Robbins, Art

		Buchwald, Gloria Steinem, and more.
Don't Let Death Ruin Your Life	Brooke	The death of someone close leaves a void in the heart that it seems nothing will ever fill. Rather than the "letting go," as many from Freud on through the years have prescribed, Brooke says it is important to confront grief, experience it fully, and use it to transform oneself positively. Brooke stresses that it is important to integrate the memories of our loved ones into our daily lives.
Forgiveness: A Bold Choice For A Peaceful Heart	Casarjian	Drawing on the philosophy of A Course in Miracles, Casarjian gives a new and surprising definition of forgiveness and provides original exercises and meditations that acknowledge our hurt even as they lead us beyond it. The book explores special cases involving family members, crime victims, self-forgiveness, and forgiveness of God.
Here If You Need Me	Braestrup	Braestrup was an accidental chaplain. Her husband, Drew, a Maine state trooper, died in a car accident at a time when he was considering a second career as an ordained minister. After her shock subsided, Braestrup decided to follow in his footsteps and became a chaplain for the Maine Warden Service, which sets up search-and-rescue missions throughout the state.
Talk Before Sleep	Berg	A painful, gripping story about two best friends, Ann and Ruth, and Ruth's ultimate death of cancer. Much of this brief novel focuses on the interplay among these characters as they all try, each in her own way, to do her best for Ruth. Readers realize, along with Ann, how important relationships can be, and how important it is to communicate feelings and be honest. Ruth is the catalyst for self-discovery on the part of each of the figures, and her own discoveries are satisfying.
Talking About Death Won't Kill You	Morris	A writer specializing in health-related issues, Morris makes a good point: it is better to learn about death and discuss end-of-life issues with family and friends before terminal illness or tragedy strikes. Unlike other writers on the subject, she does not cover basic care of the dying or the stages of dying and bereavement, instead discussing in simple language such issues as life-prolonging medical procedures, the necessity of creating legal documents giving instructions for final care, how to visit and relate to dying people, and how to talk to children about death. Throughout, stories of families and individuals are related to illuminate how to make

		decisions regarding death and dying
The Four Things That Matter Most	Byock	Life can be difficult. Relationships are often difficult. However, after 20 years' experience with patients and families facing profound challenges, Dr. Ira Byock has seen that four simple phrases can help us through the unpredictability of daily life.
Tuesdays With Morrie	Albom	Maybe it was a grandparent, or a teacher or a colleague. Someone older, patient and wise, who understood you when you were young and searching, and gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly 20 years ago. Their rekindled relationship turned into one final "class": lessons in how to live. This is a chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.
Why Are the Casseroles Always Tuna?	Sims	A collection of thoughts about the needs of the grieving. If you are grieving, you know how important it is to find some comfort, joy and even humor. Includes looking for joy, the grief diet, memories of mom's meatloaf, and men.
You Are What You Think	Stoop	This book shows you how to use self-talk to make positive changes in your attitudes and beliefs. This book will help you: choose healthy, positive thoughts; respond rather than react to circumstances; overcome guilt, anger, anxiety, and stress; release the power of faith; and more.