

# When Someone Very Special Dies

*When Someone Very Special Dies* *When Someone Dies* *Facilitator's Guide to Drawing Out Feelings* *Everybody Died, So I Got a Dog I Miss You* *When Someone Has a Very Serious Illness* *Help Me Say Goodbye* *What's Heaven* **When Something Terrible Happens** *John Dies at the End* *Spoiler Alert: The Hero Dies* *They Both Die at the End* *When Mom and Dad Separate* **Healing a Grandparent's Grieving Heart** *How It Feels When a Parent Dies* *Everywhere Nowhere* **When Your Pet Dies** **When a Pet Dies Not Your Usual Grief Book I'm Glad My Mom Died** **Where Are You: A Child's Book About Loss** *What on Earth Do You Do When Someone Dies?* *Haunts of the Black Masseur* **The First to Die at the End** **Remembering- Lifetimes** **What to Do When a Loved One Dies** *One of Those Hideous Books Where the Mother Dies* **A Very Special Christmas** *Supporting Children Through Bereavement and Loss* & *When the Sun Fell Out of the Sky* *Zoey Punches the Future in the Dick* *Lessons in Chemistry* **Everyone Dies Famous in a Small Town** **Let Me Die in His Footsteps** **Clap When You Land** **Muddles, Puddles and Sunshine** **Growing Up...and Grieving** *A Time to Die* **Everyone in This Room Will Someday Be Dead** *When Dinosaurs Die*

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**When a Pet Dies** May 14 2021 Explores the feelings of frustration, sadness, and loneliness that a youngster may feel when a pet dies.

**Muddles, Puddles and Sunshine** Oct 26 2019 This book offers a structure and an outlet for the many difficult feelings which inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief, whilst finding a balance between remembering and having fun. This book is a useful companion in the present, and will become an invaluable keepsake in the years to come.

*A Time to Die* Aug 24 2019 How would you live if you knew the day you'd die? Parvin Blackwater believes she has wasted her life. At only seventeen, she has one year left according to the Clock by her bedside. In a last-ditch effort to make a difference, she tries to rescue Radicals from the government's crooked justice system. But when the authorities find out about her illegal activity, they cast her through the Wall -- her people's death sentence. What she finds on the other side about the world, about eternity, and about herself changes Parvin forever and might just save her people. But her clock is running out.

*How It Feels When a Parent Dies* Aug 17 2021 18 children from age 7 - 17, speak openly of their experiences and feelings. As they speak we see them in photos with their surviving parent and with other family members, in the midst of their everyday lives.

*One of Those Hideous Books Where the Mother Dies* Jul 04 2020 Fifteen-year-old Ruby Milliken leaves her best friend, her boyfriend, her aunt, and her mother's grave in Boston and reluctantly flies to Los Angeles to live with her father, a famous movie star who divorced her mother before Ruby was born.

*What on Earth Do You Do When Someone Dies?* Jan 10 2021 Trevor Romain knows, because it happened to him when his father died. This book can help you through a painful time. Trevor answers questions you might wonder about--"Why do people have to die?" "Is the death my fault?" "What happens to the person's body?" "How can I say good-bye?"--in simple, honest words. He describes the strong, confusing feelings you might have and suggests ways to feel better. He tells you it's okay to cry, talk about the death, grieve ... and go on with your life.

**Clap When You Land** Nov 27 2019 The stunning New York Times bestselling novel from the 2019 Carnegie Medal winning, Waterstones Book Prize shortlisted author of THE POET X. 2020 Goodreads Choice Award Winner of CLAP WHEN YOU LAND. Camino Rios lives for the summers when her father visits her in the Dominican Republic. But this time, on the day when his plane is supposed to land, Camino arrives at the airport to see crowds of crying people... In New York City, Yahaira Rios is called to the principal's office, where her mother is waiting to tell her that her father, her hero, has died in a plane crash. Separated by distance - and Papi's secrets - the two girls are forced to face a new reality in which their father is

dead and their lives are forever altered. And then, when it seems like they've lost everything of their father, they learn of each other. In a dual narrative novel in verse that brims with both grief and love, award-winning and bestselling author Elizabeth Acevedo writes about the devastation of loss, the difficulty of forgiveness, and the bittersweet bonds that shape our lives.

**What to Do When a Loved One Dies** Aug 05 2020 As an all-encompassing approach to grief management, assists with every detail, from the daily realities to the long-term adjustments. - Immediate action to take, the death certificate, organ donation, autopsy, transporting the body; Understanding your options for funerals and memorial services, costs, contracts, etc.; Coping with the emotional upheaval from the death of a parent, spouse, child, etc.; Living through suicide, homicide, still birth, death from a terminal illness, etc.; Where to find emotional support and how to work through grief; The practical matters of trusts, wills, probate, and estates, taxes, etc.; When death occurs away from home.

Everywhere Nowhere Jul 16 2021

**When Your Pet Dies** Jun 14 2021 Affirming a pet owner's struggle with grief when his or her pet dies, this book helps mourners understand why their feelings are so strong and helps them overcome the loss. Included are practical suggestions for mourning and ideas for remembering and memorializing one's pet. Among the issues covered are understanding the many emotions experienced after the death of a pet; understanding why grief for pets is unique; pet funerals and burial or cremation; celebrating and remembering the life of one's pet; coping with feelings about euthanasia; helping children understand the death of their pet; and things to keep in mind before getting another pet.

**Healing a Grandparent's Grieving Heart** Sep 17 2021 This heartfelt manual is an indispensable and easily referenced resource for grieving grandparents, offering them a way forward after the death of a grandchild. Whether they were close to their grandchild and keenly feeling his or her absence, or even if they were not close to the child and are mourning the loss of a relationship they'll never have, this book offers grandparents compassionate comfort and practical ideas for their journey through grief, addressing as well the unique pain of watching their children mourn the loss of their child. The ideas offered in the book clarify the basic principles of grief and mourning and offer immediate suggestions for things grandparents can do to embrace their grief, honor and remember their grandchild, and begin to heal.

When Someone Dies Sep 29 2022 "Navigating the grief and bereavement process can be a challenging and unpredictable experience, especially for children. Whether it's the loss of a family member, friend, pet, or other loved one, children often don't know how to cope with the complicated and complex emotions that accompany death. Written and illustrated by a therapist (and mother), Andrea Dorn, MSW, *When Someone Dies* walks children through the bereavement process in a simple, concrete, and developmentally appropriate way. Through the lens of mindfulness, children will learn how to say goodbye, make space for any emotions that arise, and work through their grief. Written for parents, teachers, and therapists alike, this straightforward yet powerful book includes: Optional engagement questions to build connection and personalize the reading experience Short mindfulness and self-compassion meditations A developmental guide to children's understanding of death"--

Help Me Say Goodbye Apr 24 2022 An art therapy and activity book for children coping with death. Sensitive exercises address all the questions children may have during this emotional and troubling crisis. Children are encouraged to express in pictures what they are often incapable of expressing in words.

**A Very Special Christmas** Jun 02 2020 Abigail Beadle has given two decades of her life to caring for her late father and looking after the centuries old family home Ashgrove House. She has never married because Lucas Chadwick, the man she loved when she was young, left the village suddenly with his family. When her loathed stepmother dies Abigail is glad to be released from the woman's nagging and bullying, but the will she left casts doubt on Abigail's inheritance. It is not until Lucas returns to the village, and helps to get to the bottom of the complicated situation, that Abigail begins to believe her life might be able to start at last.

When Dinosaurs Die Jun 22 2019 Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.

**The First to Die at the End** Nov 07 2020 In this prequel to #1 New York Times bestselling phenomenon *They Both Die at the End*, two new strangers spend a life-changing day together after Death-Cast first makes their fateful calls. It's the night before Death-Cast goes live, and there's one question on everyone's mind: Can Death-Cast actually predict when someone will die, or is it just an elaborate hoax? Orion Pagan has waited years for someone to tell him that he's going to die. He has a serious heart condition, and he signed up for Death-Cast so he could know what's coming. Valentino Prince is restarting his life in New York. He has a long and promising future ahead and he only registered for Death-Cast after his twin sister nearly died in a car accident. Orion and Valentino cross paths in Times Square and immediately feel a deep connection. But when the first round of End Day calls goes out, their lives are changed forever—one of them receives a call, and the other doesn't. Though neither boy is certain how the day will end, they know they want to spend it together...even if that means their goodbye will be heartbreaking. Told with acclaimed author Adam Silvera's signature bittersweet touch, this story celebrates the lasting impact that people have on each other and proves that life is always worth living to the fullest.

Spoiler Alert: The Hero Dies Dec 21 2021 Television industry journalist Michael Ausiello tells the story of his final year with his partner of thirteen years, Kit Cowan--diagnosed with a rare and very aggressive form of neuroendocrine cancer--while revisiting the many memories that preceded it, and describes how their undeniably powerful bond carried them through all manner of difficulties, with humor always front and center of the relationship.

**Lifetimes** Sep 05 2020 When the death of a relative, a friend, or a pet happens or is about to happen . . . how can we help a child to understand? *Lifetimes* is a moving book for children

of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. Lifetimes tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells about plants. About animals. About people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand. Lifetimes . . . a very special, very important book for you and your child. The book that explains—beautifully—that all living things have their own special Lifetimes.

*Supporting Children Through Bereavement and Loss & When the Sun Fell Out of the Sky* May 02 2020 Currently, many children are unable to access emotional support services, and other members of a child's support network are required to provide this emotional guidance and support. This set, consisting of a guidebook and an accompanying story book, has been written to support children when they have experienced a loss or bereavement. It is intended to be used by families and friends, school staff, and all other adults supporting children through their grief, to help them to provide this emotional guidance. Guide to supporting Children through Bereavement and Loss offers information, education, and guidance about how to understand grief, ways to support the process and emotions of grief, and to help children to express themselves and make sense of their changed world. The accompanying story book, *When the Sun Fell Out of the Sky*, has been written to support key adults in helping bereaved children to find a way to cope, manage, and make it through their grief. The set is designed to be used by any person supporting a child through loss or bereavement no matter their previous understanding of these issues. It is specifically written to be as accessible and as user friendly as possible to help rather than hinder the user, and the books can be used together or alone.

*When Someone Very Special Dies* Oct 31 2022 A workbook to help children work out feelings about death. Heegaard provides a practical format for allowing children to understand the concept of death and develop coping skills for life. Children, with the supervision of an adult, are invited to illustrate and personalise their loss through art. *When Someone Very Special Dies* encourages the child to identify support systems and personal strengths.

*Everybody Died, So I Got a Dog* Jul 28 2022 \*\*As featured on BBC2's *Between the Covers*\*\* 'Glamorous. Heart-breaking. Hilarious. Feminist. Life-changing' Katherine Ryan 'I loved this book so much. It's hard to overpraise. So funny and so sad and so hopeful' Neil Gaiman 'A wonderful and very special book' Adam Kay, author of *This is Going to Hurt* 'Funny, sparkingly honest and heart-breaking' Bel Mooney, Daily Mail 'Heartwarming and heartbreaking all at the same time! Genuinely couldn't put it down' Alan Carr 'Incredibly moving, always funny and brilliantly written. I urge everyone to read it' Frank Skinner 'LOVELY. Sad and funny and warm and DOGS' Marian Keyes 'Very beautiful and poignant . . . it'll make you laugh and cry in equal measure' Giles Paley-Phillips 'I read it in one sitting - it's so blinking good' Lorraine Kelly 'A book that will leave you smiling but with a lump in your throat' Mail on Sunday, '100 Hottest Summer Books 2019' \* \* \* The funny, heart-breaking, wonderfully told story of love, family and overwhelming loss which led Emily Dean to find hope and healing in the dog she always wanted. Growing up with the Deans was a fabulous training ground for many things: ignoring unpaid bills, being the most entertaining guest at dinner, deconstructing poetry. It was never home for the dog Emily craved. Emily shared the lively chaos with her beloved older sister Rachael, her rock. Over the years the sisters bond grew ever closer. As Rachael went on to have the cosy family and treasured dog, Giggle, Emily threw herself into unsettled adventure - dog ownership remaining a distant dream. Then, tragically, Rachael is diagnosed with cancer. In just three devastating years Emily loses not only her sister but both her parents as well. This is the funny heart-breaking, wonderfully told story of how Emily discovers that it is possible to overcome the worst that life can throw at you, that it's never too late to make peace with your past, and that the right time is only ever now, as she finally starts again with her very own dog - the adorable Shih-tzu named Raymond.

**Where Are You: A Child's Book About Loss** Feb 08 2021 *Where Are You: A Child's Book About Loss* is a kind and supportive text with beautiful illustrations designed to help children of all ages cope with the loss of a loved one. It is created with love and care so that even the youngest readers will find comfort during this stressful and difficult time.

**Remembering-** Oct 07 2020

*They Both Die at the End* Nov 19 2021 Adam Silvera reminds us that there's no life without death and no love without loss in this devastating yet uplifting story about two people whose lives change over the course of one unforgettable day. #1 New York Times bestseller \* 4 starred reviews \* A School Library Journal Best Book of the Year \* A Kirkus Best Book of the Year \* A Booklist Editors' Choice \* A Bustle Best YA Novel \* A Paste Magazine Best YA Book \* A Book Riot Best Queer Book \* A BuzzFeed Best YA Book of the Year \* A BookPage Best YA Book of the Year On September 5, a little after midnight, Death-Cast calls Mateo Torrez and Rufus Emeterio to give them some bad news: They're going to die today. Mateo and Rufus are total strangers, but, for different reasons, they're both looking to make a new friend on their End Day. The good news: There's an app for that. It's called the Last Friend, and through it, Rufus and Mateo are about to meet up for one last great adventure—to live a lifetime in a single day. In the tradition of *Before I Fall* and *If I Stay*, *They Both Die at the End* is a tour de force from acclaimed author Adam Silvera, whose debut, *More Happy Than Not*, the New York Times called “profound.” Plus don't miss *The First to Die at the End*: #1 New York Times bestselling author Adam Silvera returns to the universe of international phenomenon *They Both Die at the End* in this prequel. New star-crossed lovers are put to the test on the first day of Death-Cast's fateful calls.

**When Something Terrible Happens** Feb 20 2022 Grade level: 1, 2, 3, 4, 5, 6, 7, k, e, p, i, t.

*Zoey Punches the Future in the Dick* Mar 31 2020 Zoey Ashe, suddenly in charge of the most decadent city in the world is just trying to cope with nightmarish superhuman villains, an

all-seeing social network; mysterious, smooth-talking power players; and her very, very smelly cat. But when a disembowled corpse rampages through her house and accuses her of murder, Zoey has to work out what she owns, who works for her, and if she was responsible...

What's Heaven Mar 24 2022 In a story that offers reassurance to children about what happens to people when they die, little Kate's mother helps the girl learn about heaven when her great-grandma passes away. Tour.

*Haunts of the Black Masseur* Dec 09 2020 A new re-issue of the cult swimming classic, a beautiful read filled with detailed description and powerful prose. WITH A NEW INTRODUCTION BY AMY LIPROT 'A luminously romantic history of swimming' Guardian *Haunts of the Black Masseur* is a dazzling introduction to the great swimming heroes, from Byron leaping into the surf at Shelley's funeral to Hart Crane diving to his death in the Bay of Mexico. Bursting with anecdotes, Charles Sprawson leads us into a watery world populated by lithe demi-gods – a world that has obsessed humans from the ancient Greeks and Romans, to Yeats, Woolf, Fitzgerald and Hockney. Original, enticing and dripping with references to literature, film, art and Olympic history, this cult swimming classic pays sparkling tribute to water and the cultural meanings we attach to it. 'This splendid and wholly original book is as zestful as a plunge in champagne' Iris Murdoch

**Everyone Dies Famous in a Small Town** Jan 28 2020 The second, highly anticipated novel from Carnegie-shortlisted author Bonnie-Sue Hitchcock. Come on a journey across the rural American West . . . Meet the teenagers who live in the small towns across these states, separated by distance, but whose stories are woven together in the most unexpected of ways. Whether they are brought together by the spread of wildfire, by the priest who's moved from state to state or by the hunt for a missing child, these incredible tales blaze with secrets, rage and love. A novel like no other, this intricate, intense and beautiful book will take your breath away. 'A clever and unusual novel . . . powerful.' Sally Nicholls 'Gorgeous and compelling . . . breathtaking.' Katherine Webber 'A beautiful literary writer.' The Bookseller 'It's cut like a gemstone. Turn the pages, and facets gleam.' Hiliary McKay 'Beautifully observed and deeply satisfying.' Lisa Williamson 'Breathes life into wonderful, complex characters.' Lisa Heathfield 'A heartbreakingly brilliant tangle of teenage voices.' Judith Eagle

**Everyone in This Room Will Someday Be Dead** Jul 24 2019 'Funny about death, real about anxiety, witty about the things that worry us the most' Emma Gannon, author of *Olive* 'So fundamentally kind that you can feel the warmth coming off each page' Rowan Hisayo Buchanan, author of *Starling Days* Meet Gilda. She cannot stop thinking about death. Desperate for relief from her anxious mind and alienated from her repressive family, she responds to a flyer for free therapy at a local church and finds herself abruptly hired to replace the deceased receptionist Grace. It's not the most obvious job - she's queer and an atheist for starters - and so in between trying to learn mass, hiding her new maybe-girlfriend and conducting an amateur investigation into Grace's death, Gilda must avoid revealing the truth of her mortifying existence. A blend of warmth, deadpan humour, and pitch-perfect observations about the human condition, *Everyone in This Room Will Someday Be Dead* is a crackling exploration of what it takes to stay afloat in a world where your expiration - and the expiration of those you love - is the only certainty.

*Facilitator's Guide to Drawing Out Feelings* Aug 29 2022 This guide offers suggestions for developing grief support groups and directions for using art to help children ages 6-12 individually or in groups cope with loss and change. Curricula are provided to use with the four workbooks in the series: 'When Someone Very Special Dies', 'When Something Terrible Happens', 'When Mom and Dad Separate', and 'When Someone Has a Very Serious Illness'.

**Growing Up...and Grieving** Sep 25 2019 Life in middle school is defined by change. This book begins with changes in everyday life before focusing on grief from the death of a loved one. Creativity is encouraged to help them understand and express feelings needed to cope with grief. This book fills a need too often neglected for middle school students.

**I Miss You** Jun 26 2022 Explains why people die and what death means, the purpose of funerals, and how people react when loved ones die.

John Dies at the End Jan 22 2022 My name is David Wong. My best friend is John. Those names are fake. You might want to change yours. You may not want to know about the things you'll read on these pages, about the sauce, about Korrock, about the invasion, and the future. But it's too late. You touched the book. You're in the game. You're under the eye. The only defence is knowledge. You need to read this book, to the end. Even the part about the bratwurst. Why? You'll just have to trust me. Unfortunately for us, if you make the right choice, we'll have a much harder time explaining how to fight off the otherworldly invasion currently threatening to enslave humanity. I'm sorry to have involved you in this, I really am. But as you read about these terrible events and the very dark epoch the world is about to enter as a result, it is crucial you keep one thing in mind: NONE OF THIS IS MY FAULT...

**Let Me Die in His Footsteps** Dec 29 2019 Everyone knows Hollerans don't go near Baines. Aunt Juna was the start of all the hatred between the families, and even though she's been gone a good many years, the hatred has stayed put. On a dark Kentucky night in 1952, exactly halfway between her fifteenth and sixteenth birthdays, Annie Holleran crosses over into forbidden territory. It's been that way since Joseph Carl Baine was hanged in 1936. But local superstition says that tonight Annie can see her future in the Baines' well. What she sees instead, there in the moonlight, is a dead woman. And suddenly the events of 1936, events that have twisted and shaped the lives of Annie and all her kin, are brought back into the present. Juna will come home now, to finish what she started. And if Annie is to save herself, her family and this small Kentucky town, she must face the terrible reality of what happened all those years ago. Inspired by the true story of the last lawful public hanging in the United States, *Let Me Die in His Footsteps* is a gothic masterpiece filled with tension and dread. Lori Roy was born and raised in Manhattan, Kansas where she graduated from Kansas State University. After having worked as a tax accountant for several years, Lori began her writing career. Her debut novel, *Bent Road*, was awarded the Edgar Allen Poe Award for Best First Novel and named a 2011 New York Times Notable Crime Book. Her second novel, *Until She*

Comes Home, was named a New York Times Editors' Choice, and was nominated for an Edgar Allen Poe Award for Best Novel. Lori serves as treasurer for the Sisters in Crime organisation and is a liaison to the Author Coalition. She currently lives with her family in west central Florida and her most recent novel is Let Me Die in His Footsteps. 'This Depression-era story is a sad one, written in every shade of Gothic black. But its true colors emerge in the rich textures of the narrative, and in the music of that voice, as hypnotic as the scent coming off a field of lavender.' New York Times '[A] hybrid of mystery, coming-of-age, and Southern gothic literature...It's taut and evocative—things simmer and sizzle underfoot, and the book practically smells like a lavender field.' Los Angeles Times 'A richly detailed, highly suspenseful Gothic novel filled with indelible imagery.' Huffington Post 'An atmospheric, vividly drawn tale that twists her trademark theme of family secrets with the crackling spark of the 'know-how' for a suspenseful, ghost-story feel.' STARRED Review, Booklist 'Powerful...should transfix readers right up to its stunning final twist.' STARRED Review, Publishers Weekly 'A Faulkner-ian tale of sex and violence from the Kentucky hills.' Kirkus 'This is a page turner: it has a tension-filled, gripping plot with quite a few twists and a heart-stopping climax. A brilliant novel that will have readers seeking out earlier works by this talented author.' BookMooch 'Primitive beliefs, killings and a public hanging all feature in this brilliantly written novel—southern gothic at its best.' Listener 'Let Me Die in His Footsteps is a lyrically written semi-gothic novel...It embraces a powerful atmosphere that glowers from its pages, leaving a dark, brooding impression that is hard to shrug off.' Stuff NZ *Lessons in Chemistry* Feb 29 2020 THE #1 SUNDAY TIMES BESTSELLER and NEW YORK TIMES BESTSELLER SHORTLISTED FOR THE WATERSTONES DEBUT FICTION PRIZE OBSERVER'S 'TEN DEBUT NOVELISTS OF 2022' A STEVE WRIGHT BBC RADIO 2 BOOK CLUB CHOICE 'Sparky, rip-roaring, funny, with big-hearted fully formed, loveable characters' SUNDAY TIMES 'The most charming, life-enhancing novel I've read in ages. Strongly recommend' INDIA KNIGHT 'Laugh-out-loud funny and brimming with life, generosity and courage' RACHEL JOYCE 'A novel that sparks joy with every page' ELIZABETH DAY \_\_\_\_\_ Your ability to change everything - including yourself - starts here Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing. But it's the early 1960s and her all-male team at Hastings Research Institute take a very unscientific view of equality. Except for one: Calvin Evans, the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with - of all things - her mind. True chemistry results. Like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show, Supper at Six. Elizabeth's unusual approach to cooking ('combine one tablespoon acetic acid with a pinch of sodium chloride') proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo. \_\_\_\_\_ SOON TO BE A MAJOR APPLE TV SERIAL, STARRING BRIE LARSON 'I loved Lessons in Chemistry and am devastated to have finished it!' NIGELLA LAWSON 'Elizabeth Zott is an iconic heroine - a feminist who refuses to be quashed, a mother who believes that her child is a person to behold, rather than to mould, and who will leave you, and the lens through which you see the world, quite changed' PANDORA SYKES 'It's the world versus Elizabeth Zott, and I had no trouble choosing a side. A page-turning and highly satisfying tale: zippy, zesty, and Zotty' MAGGIE SHIPSTEAD, author of GREAT CIRCLE

When Mom and Dad Separate Oct 19 2021 Encourages children to sort out their painful feelings about the divorce of their parents through drawings.

**I'm Glad My Mom Died** Mar 12 2021 #1 NEW YORK TIMES BESTSELLER #1 INTERNATIONAL BESTSELLER A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In *I'm Glad My Mom Died*, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called *iCarly*, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse when, soon after taking the lead in the *iCarly* spinoff *Sam & Cat* alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, *I'm Glad My Mom Died* is an inspiring story of resilience, independence, and the joy of shampooing your own hair.

**Not Your Usual Grief Book** Apr 12 2021 DO YOU NEED TO HEAL WHILE CONNECTING WITH YOUR CHILD WHO DIED? If you don't know how you are going to be able to go on after the loss of your child, you want a step-by-step guide that will provide you with the information and tools you need to nurture your connection with your child. Most bereaved parents do not feel understood by those who have not gone through their experience; if you can relate, make sure you read this book by Author Selene Negrette, who after -losing her child to cancer- began supporting grieving parents as a social worker. By collecting all her pearls of wisdom, she developed the program "From Winter to Spring". This program will show you: \* How to get in touch with the feelings that are keeping you paralyzed and learn practices to transmute them and let them go \* How to get in touch with how much the loss of your child has changed you in order to learn new ways to cope \* How to fill your inner reservoir of love so that you can nurture yourself and others \* How to support your children in grief; how to answer their questions; when to worry and when not to worry \* How to honor the uniqueness of your grief as a couple You will also learn: -How to use your intuition to help

guide you in life -How to connect with your child who died in order to nurture the bond you will always have and to feel a sense of peace -How to create a detailed yet doable plan to move forward -How to deal with grief and the grieving process You will cherish the first-hand insights that this bereaved mom brings to the table!

When Someone Has a Very Serious Illness May 26 2022 A workbook to help children deal with feelings about serious illness. An excellent resource for helping children learn the basic concepts of illness and various age-appropriate ways of coping with someone else's illness.