



10 Essential Books on Life and Death



Dear Friend,

In my earliest days of loss, a friend asked if I had a belief system about life and death. I stared at her blankly and said I did not.

This friend explained that a belief system would help guide me forward and expedite my healing process. She recommended some books on the topic and said they would help me find my way.

She was right. One book led me to another, and I soon discovered the power of other people's stories to give me the hope and perspective I needed to create my own.

If you have not explored what life and death mean to you, I encourage you to embark on this exercise—no matter what your current circumstances are. I certainly wish I had earlier in life.

Death has taught me so much about life, but you do not have to lose someone you love to benefit from this knowledge.

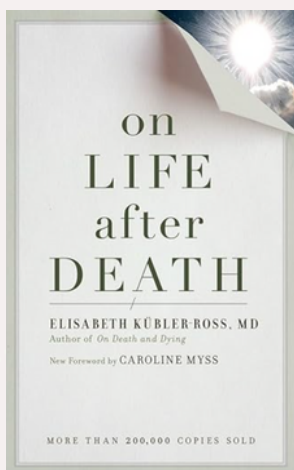
I hope these ten books help you on your healing journey the way they have helped me.



From my heart to
yours,

Nikki

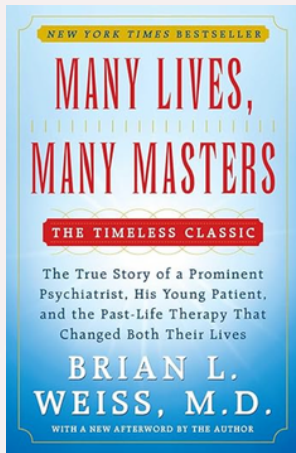
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This was the very first book I read when I began searching for my own belief system about life and death. Written by Swiss-American author, educator, and psychiatrist Elisabeth Kübler-Ross, (also known as the “Death and Dying Lady” during her lifetime), this fairly quick read is both profound and, at times, funny. Perhaps my favorite line in this book is when Kübler-Ross says, “If you aren’t interested in knowing about death, it doesn’t make any difference because once you have died, you will know it anyway.” Throughout her 50+ year career, Kübler-Ross sat with thousands of dying patients (many of whom were children) and documented what they told her about living and dying up to their very last breath.

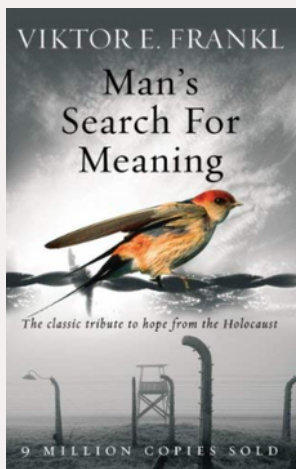
I wrote a blog article on the exploration of life and death that incorporates more details from this book, which you can read [HERE](#) to help determine if this book is for you.

2



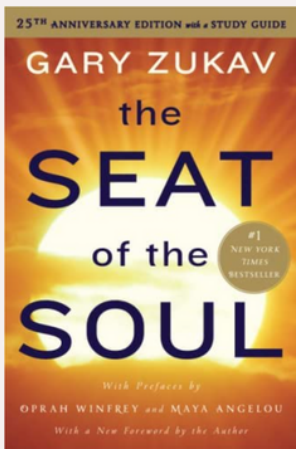
A graduate of Yale Medical School and trained psychologist, author Brian Weiss surprised himself when he hypnotized a patient and took her on a ride through former lives. A man of medicine and science, Weiss's story has opened millions of minds to the possibility that life continues after death, and what that transition might be like. His story also shines a light on how important it is to heal our hearts in *this* lifetime for the benefit of our *next*.

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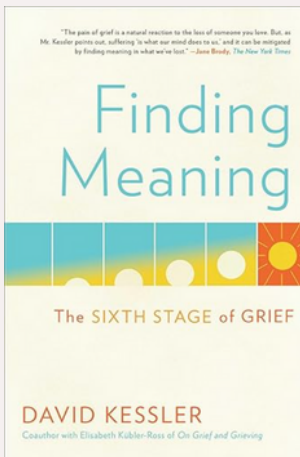
Just when I thought I might not be able to survive the loss of my child, I read Frankl's account of surviving the Holocaust. His story convinced me that if *he* could create a meaningful life after his experience with loss, so could I. This short but powerful book gave me the hope I needed to keep moving through incredible darkness and trust that I would eventually find some light. I highly recommend this book for anyone who has experienced loss or is feeling lost. I also believe this world would greatly benefit from everyone reading this story.

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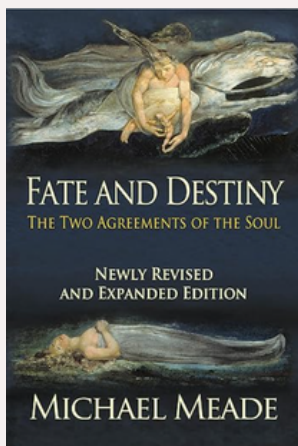
This book blew open my mind and educated my heart in ways I had never known possible. Zukav explains that we all have personalities and bodies separate and distinct from our souls. I had never even considered such a concept before reading this book—and I'd been formally educated for 18 years! This book sparked new curiosity in me and a life-changing path of self-exploration that I very much wish I had started much earlier in life. Healing ultimately starts on the inside, Zukav has shown me, and I highly recommend this book if you want to know how.

5



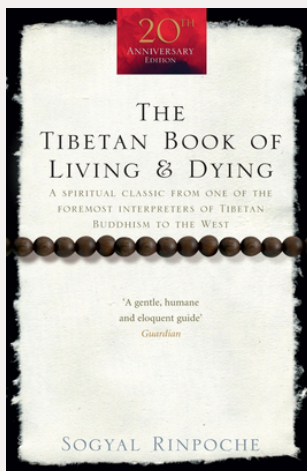
Many of us have heard about Kübler-Ross's five stages of grief, but a few years back, grief expert and author David Kessler added a sixth stage: finding *purpose*. This book is a must-read for anyone who has lost a loved one and is grieving. It's not so much a "spiritual" book as it is a practical approach to surviving loss and creating a meaningful life.

6



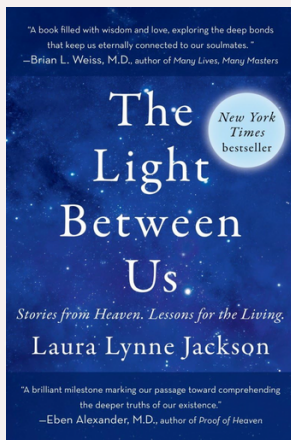
I'm not religious, but this book has become something of a bible to me. In it, Meade uses mythology to demonstrate the power of fate and destiny, as well as the magical relationship that exists between the two. Meade is a powerful storyteller. His books are extremely deep, beautifully written, and full of soul. Check out his "Living Myth" Podcast to see if he resonates with you.

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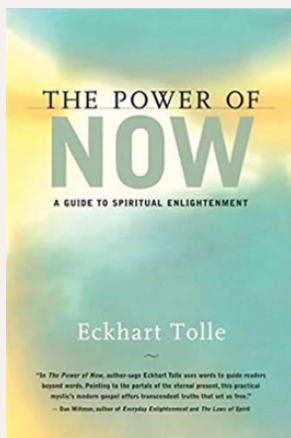
Everyone said I had to read it, so I did. This book is considered "an acclaimed spiritual masterpiece," as well as "a manual for life and death" according to the Tibetan tradition. It's not a quick read, nor is it an easy one. But it is enlightening and fully lives up to its reputation.

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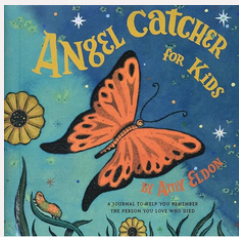
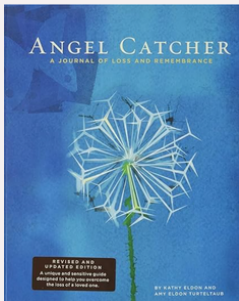
If you have lost a child, this book is a must. The author, who is a well-known psychic medium, explains with beautiful simplicity why the human spirit never dies and how those we have lost can keep growing and transforming with us despite no longer being in physical form. Jackson's specialty as a medium appears to be conducting readings for parents who have lost children. Her story provides the hope and inspiration many of us need to move through grief and stay connected with our loved ones in the process.

9



I tried to read this book before I was confronted by loss, but at that time I honestly had no idea what Tolle was talking about. I tossed this book aside after the first chapter. But a few months after my son passed away, I picked it up again and was surprised to see that I fully understood every word of it. In fact, I couldn't get enough of it. Presence has taught me how to persevere despite unthinkable circumstances. And Tolle is a master at teaching it.

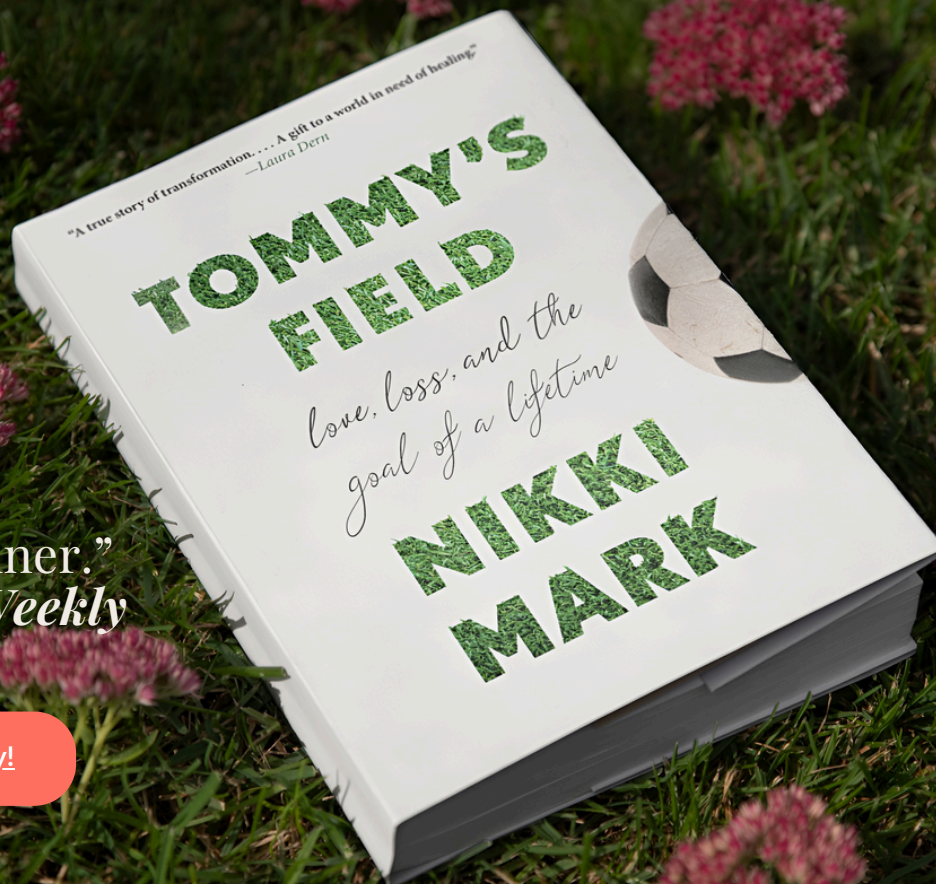
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One of the first books I purchased to help my younger son process his grief was Amy Eldon Turteltaub's *Angel Catcher for Kids*. This thoughtful journal provides a private place where young children can write down their memories of a loved one, draw pictures, and begin to process loss in their own way. The adult version of this beautiful diary is also special and gives readers the permission they may not even know they need to mourn and celebrate the person they have loved and lost.



Sometimes what brings us the most pain can be the very source of our greatest inspiration.



“This is a winner.”
Publisher's Weekly

[Get your copy today!](#)

**100% of author's proceeds are being donated to build more Tommy's Fields.*

In 2018, Nikki Mark's twelve-year-old son Tommy went to sleep one night and never woke up. Devastated, Nikki embarked on an unconventional journey to honor Tommy by building his legacy and healing her heart.

From raising over \$1,000,000 to build an athletic field in Tommy's name, to taking on big city politics, to exploring alternative healing modalities from meditation to mushrooms, Nikki now shares her intimate story of navigating grief with love and action – and a little coaching from beyond.



NIKKI MARK formerly developed and led operations for music, hospitality and sports team start-ups. She is the Founder of the [TM23 Foundation](#), which opened the first Tommy's Field in 2021, the second one in 2023—and now has a third field in the planning stages. Her weekly articles, alternative healing toolkit, and free resources can be found at [Nikkimark.com](#). She lives in Los Angeles with her husband, son, and dog Ginger.

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