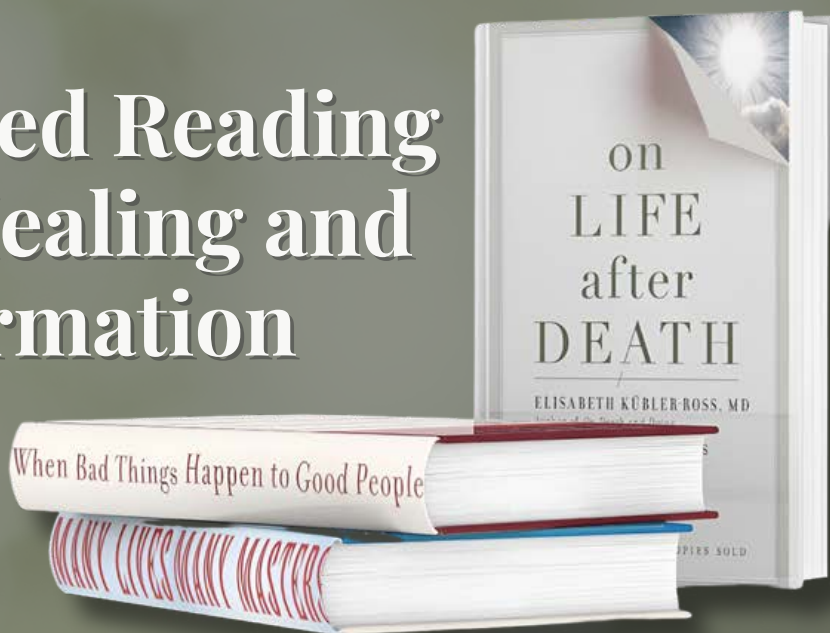


Recommended Reading for Grief, Healing and Transformation



In my early days of loss, a friend asked if I had a belief system around life and death. I did not.

This friend promptly recommended a couple of books. My belief system, she said, would guide my way forward and help expedite my healing. She was right. One book led to another, and I eventually found a way forward.

If you are like I was most of my life, having never truly explored the concepts of life and death, I encourage you to embark on this mission. Death has taught me so much about life, and you do not have to lose someone you love to benefit from this knowledge.

If you are grieving someone you have lost, or you are feeling lost, or you simply want to learn more about life from death, here are ten books to consider.

Each one has not only helped me survive but helped teach me how to live. I hope they help you too ...

1. On Life after Death,
Elisabeth Kubler-Ross
2. Many Lives Many Masters,
Brian Weiss
3. Man's Search for Meaning,
Viktor E. Frankl
4. Why Bad Things Happen
to Good People ,
Harold S. Kushner
5. The Seat of the Soul,
Gary Zukov
6. Finding Meaning,
David Kessler
7. Fate and Destiny,
Michael Meade
8. The Tibetan Book of
Living and Dying,
Sogyal Rinpoche
9. The Light Between Us,
Laura Lynn Jackson
10. The Power of Now,
Eckhart Tolle



**Please note that I did not personally relate to all these books. In fact, one of them I stopped reading after the first chapter. My adverse reaction to its message, however, further reinforced my own belief system and was as valuable to me as some of the other books and teachings that I devoured. ♥*

If you have questions or would like additional recommendations, direct message @HealingwithNikki on Instagram.