



101 Ways You Can Help: How to Offer Comfort and Support to Those Who Are Grieving

Liz Aleshire

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What to Do (and What Not to Do) When a Friend, Co-Worker, or Relative Suffers a Loss

With 101 quick and concrete suggestions you can use immediately, **101 Ways You Can Help** offers practical information on the dos and don'ts of handling grief and loss. You'll find the universal basics of helping, as well as specific tools for how to offer support based on your relationship to the person who is grieving, from a boss to a backyard neighbor:

- Accept that you can't fix it. Stop trying.
- Tuck a book of stamps in that sympathy card.
- Donate a vacation day.
- Don't say: "She's in a better place."
- Be a little pushy.
- Help with the pets.
- Listen.

There are an estimated eight million newly bereaved people in the United States each year. Through this book, Liz Aleshire, who experienced personally and professionally what helps and what hurts, encourages you to reach out and gives you suggestions on how to ease the delicate situations surrounding bereavement.

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