

PUBLICATION DATE
October 01, 2024

A Guide to Grief



Thanatologist COLE IMPERI's multiple ALA appearances!

Meet death, dying, grief and loss expert Cole Imperi at ALA

Saturday, June 29, PopTop Stage A

2:30-3:20 PM, guided euphone sound bath talk, ARC signing

Sunday, June 30, Kids Can Press Booth 821

10:00-11:00 AM ARC signing and Keep Your Grief Moving tote

This book is the wise and compassionate friend you need when you experience grief and loss, from the foremost authority on death and dying, the Elisabeth Kübler-Ross of her generation, Cole Imperi.

Everyone faces loss, and everyone grieves. But grief is as unique as a thumbprint—not everyone grieves the same losses or in the same way. *A Guide to Grief* covers everything you need to know about death and loss that no one wants to talk about, including:

What to expect in the days, months, and years after loss

The different kinds of loss

How to ask for help

How to help a grieving friend

Whether you are grieving a deathloss (the death of a loved one) or a shadowloss (the death of *something* not *someone*), there are simple exercises and helpful mantras to help you move forward in healthy ways. It's time for a new way to start talking about endings.

Cole Imperi is the founder of the School of American Thanatology. A certified thanatologist, she is one of the foremost experts on death, dying, grief and loss, and has spoken on the subject in two TEDx talks, on NPR, in the *New York Times* and in an episode of Netflix's *The Future Of* series. Cole has worked as a prison chaplain, mortuary college professor, crematory operator, hospice volunteer, deathcare consultant and grief support group leader. She lives in Los Angeles.

Bianca Jagoe is an illustrator and designer who enjoys telling stories with words and pictures. She lives in Tasmania/lutruwita, Australia.



Media Release



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A Guide to Grief

Written by Cole Imperi and illustrated by Bianca Jagoe

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