Coping with Parental Death

- **Author** - Michelle Shreeve

Losing a parent at any time in one’s life is difficult, but losing a parent as a teenager brings its own distinct challenges. *Coping with Parental Death: Insights and Tips for Teenagers* offers compassionate support for anyone struggling with the death of one or both of their parents. Through the stories of other teenagers who have lost a parent—as well as the author herself who lost her mother at a young age—you will see that you are not alone during this difficult time.

You will learn:

- Valuable coping methods
- Different ways to honor the memory of your loved one
- Strategies and advice from fellow teenagers
- How to navigate the first year and important milestones
- Tips for seeking out a counselor

With expert advice, useful resources, relevant organizations, and even fictional movie references to provide additional perspective, *Coping with Parental Death* is a valuable guide to help you face the challenging road ahead with courage and care.

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