Care Beyond Casseroles: Providing Grief Support For Clergy, Church Leaders, And Congregations (Presbytery of Greater Atlanta) - Resource List

**Zeena Regis’ (Presenter) Contact Information:**

<https://zeenaregis.com/>

404-308-5375

[zeena@zeenaregis.com](mailto:zeena@zeenaregis.com)

**Books**

Miriam Greenspan, Healing Through Dark Emotions: Healing through the Dark Emotions

Pauline Boss, Ambiguous Loss: Learning to Live With Unresolved Grief

James Clear, Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones

BJ Miller and Shoshana Berger, A Beginner’s Guide to the End: Practical Advice for Living Life and Facing Death

Alison Gilbert, Passed & Present: Keeping Memories of Loved Ones Alive

**Articles**

<https://whatsyourgrief.com/what-should-i-say-to-someone-grieving/>

<https://whatsyourgrief.com/support-grieving-family-member-friend-6-principals/>

**Websites**:

Character Strengths Survey: <https://www.viacharacter.org/>

Metro Atlanta End of Life Consulting Firm: <https://www.blackdressconsultants.com>