First You Die: Learn to Live After the Death of Your Child; CreateSpace Independent Publishing Platform, 2004; Marie Levine; 180 pages; 9781594570520; 2004

The Tibetan Book of Living and Dying by Sogyal Rinpoche. A meditative book by a Tibetan monk about Tibetan Buddhist views on death and dying, how to be of comfort to the dying, how to live meaningfully as a mortal, and compassion. 167 comments. share. But an animal dies and you immediately think of your animal/childhood pet on either a subconscious or conscious level and that means you care deeply for the story dog. I didn't explain that very well. Sorry. First You Die book. Read 2 reviews from the world's largest community for readers. After several years of writing a regular column about the despair, ang... Goodreads helps you keep track of books you want to read. Start by marking â€œFirst You Die: Learn to Live After the Death of Your Childâ€ as Want to Read: Want to Read saving… Want to Read. Book Information. When Your Child Dies: Tools for Mending Parents' Broken Hearts. By Avril Nagel and Randie Clark. Length: 403 pages 6 hours. The death of your child is devastating. No parent feels that he or she should outlive his or her child. However, the sad fact is that every minute around the world, some 15 children die according to the WHO. The psychological and emotional impact following sudden and traumatic death can inhibit parents' grief and, without appropriate treatment, develop into Post Traumatic Stress Disorder (PTSD). Grieving parents will learn how to reduce anxiety and depression and promote healthy self-soothing, identify and address issues that linger and cause emotional pain following the childâ€™s death and incorporate their loss into their lives in healthy ways.