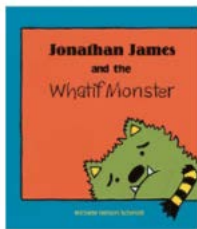


Books for Coping with Loss and Difficult Emotions

Here are some great book recommendations dealing with emotions and topics that may come up during this back-to-school season. Scan the QR code on your phone's camera to access a video reading of each story. Watch the video with your children or use the video to determine if it's a book you want to purchase and read together often.

Recommendations for teens and young adults:

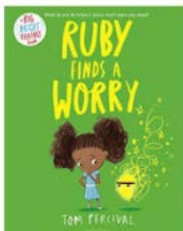
- Fire in my Heart, Ice in my Veins by Enid Samuel-Traisman
- Sometimes Life Sucks by Molly Carlile
- The Night Diary by Veera Hiranandani



Jonathan James and the Whatif Monster
by Michelle Nelson-Schmidt
Topics: Worries, confidence, and anxiety.



Life is like the Wind
by Shonna Innes
Topics: Grief, explaining death to children.



Ruby Finds a Worry
by Tom Percival
Topics: Worries, coping, and empathy.



The Magical Yet
by Angela Deterlizzi
Topics: Resiliency, hope, and healing.

