

# GRIEF & LOSS RESOURCES



## Books

[Wild by Cheryl Strayed](#)

[Daring Greatly by Brené Brown](#)

[The Wise Heart by Jack Kornfield](#)

[Dying to Be Me by Anita Moorjani](#)

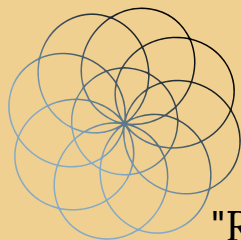
[The Afterlife of Billy Fingers by Annie Kagan](#)

## Talks on Youtube

[Anita Moorjani Discusses her NDE](#)

[Dr. Mary Neal Discusses her NDE](#)

[IANDS Youtube Channel \(International Association for Near Death Studies\)](#)



## TV

["Surviving Death" Netflix Series](#)

["Soul" Disney Pixar Film](#)

["Ram Dass Going Home" Documentary](#)

["The Arrival" Movie](#)

(while this may seem like a strange addition to the list, The Arrival presents an unusual and beautiful look at grief and loss)

## Podcast

["Dear Sugars" Hosts: Steve Almond/Cheryl Strayed](#)