



WHEN A FRIEND DIES
A BOOK FOR TEENS ABOUT GRIEVING & HEALING,
REVISED & UPDATED EDITION
by Marilyn E. Gootman, Ed.D., with a new foreword by
Michael Stipe of R.E.M.

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“Shelve every idea you have about self-help books—this speaks directly and simply to anyone who has suffered the loss of a friend. *Hey kids—make your parents read it.*”

— Michael Stipe, R.E.M.



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MARILYN E. GOOTMAN,
ED.D.

This revised and updated edition includes updated quotes from teens, new resources, and a new section on losing a friend through violence.

Minneapolis, Minnesota—The death of a friend or family member is a wrenching experience at any age. But for teens whose roller-coaster emotions are both fragile and volatile, it can be an especially difficult time. Confronted with a death, young people often don’t know what to do or how to feel; they might even blame themselves by wondering “What if . . .” or “If I only” Or they might appear to withdraw from their emotions entirely only to break down months later. Teenagers need special help dealing with the tragedy of loss, help that takes their needs into consideration. **WHEN A FRIEND DIES** (Free Spirit Publishing, \$9.95) by Marilyn E. Gootman, Ed.D., offers the genuine understanding and gentle advice grieving teens need.

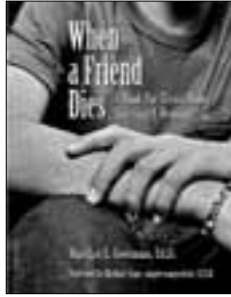
The author, an experienced educator who has seen her own children suffer from the death of a friend, knows what teenagers undergo when they experience a great loss. “I realized that most books written about death and dying don’t speak directly *to* teenagers—they speak *about* them. I wanted to change that.” She writes out of her own experience, with love and an authentic desire to help young people cope and heal.

The book offers lists of referral organizations, suggested readings, and moving and inspiring quotes to help smooth the journey from shock to acceptance. **WHEN A FRIEND DIES** closes with a promise: “You will grow from this tragedy. . . . No one would ever choose to grow because of the death of a friend. But now that it has happened to you, what can you do to make meaning out of your experience? Think about that in the weeks, months, and years ahead. You will find a way.”

With advice that is gentle, nonpreachy, and compassionate, **WHEN A FRIEND DIES** is a must-have resource for for teens, parents, teachers, counselors, and all adults who work with adolescents.

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Review copies, interview opportunities, and additional information are available through Free Spirit Publishing. Contact Emily Pye at 612.338.2068 or pye@freespirit.com.



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By Marilyn E. Gootman, Ed.D.
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About the Author

Marilyn E. Gootman, Ed.D., is founder of Gootman Education Associates, an educational consulting company that provides workshops and seminars for parents and educators focusing on successful strategies for raising and teaching children. Dr. Gootman has been in the teaching profession for over 25 years, and her teaching experiences range from elementary school to the university level. The author of numerous books and articles, she is known nationally for her advocacy efforts on behalf of children, parents, and teachers. Her media appearances include CNN and other major networks as well as radio and television broadcasts throughout the United States and Canada. Marilyn and her husband, Elliot, are the parents of three grown children.



About Free Spirit Publishing

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