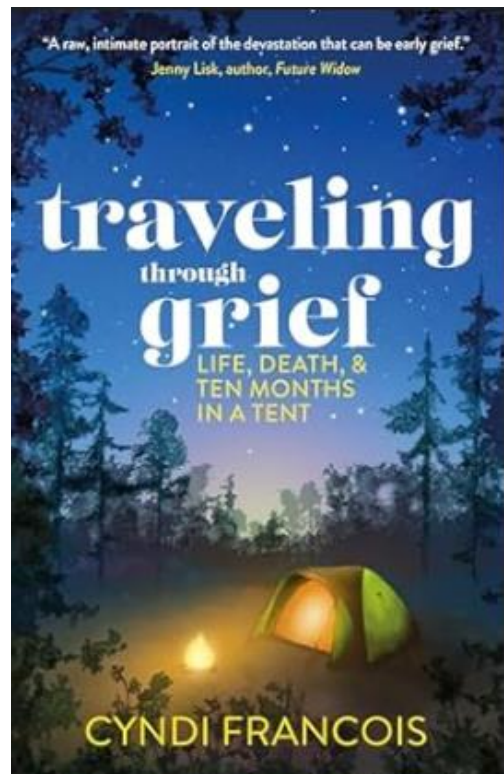


Annotated Bibliography



Francois, C. (2024). *Traveling Through Grief*.

Summary

Traveling through grief by Cyndi Francois is a resource that combines journal entries exploring the loss and healing after sudden death through the five stages of grief. The author goes through the five stages of grief with the arguments of how there is no correct answer to grief and there is no timescale to which person should accept grief with.

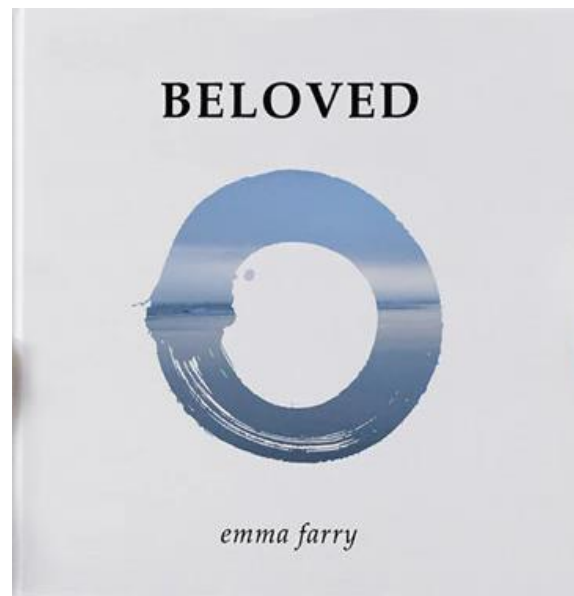
Evaluation

There is a strong argument within the topic and there is such a wide variety of opinions on the topic of life after death whether that be in the spiritual sense or knowledgeable sense.

Connection

This resource has helped me in the life after death criteria as myself I am still currently going through my own grief and have often wondered how long it will

take for the grief to finally settle and that I can come to accept it. Reading this book has made me realise there is no timescale for grief and that there are many more like me going through grief.



Farry, E. (2016). *Beloved*. Auckland, New Zealand: Be Loved Press.

Summary

Beloved by Emma Farry is a photograph/poem book that the author created to deal with the grief she had been feeling for two years. Stuck in her own pain of grieving, Farry found that a new passion in photography helping her to see the world once again but through the beauty of the lens. The book has poems alongside of the images which was written by Farry herself for a deeper connection to the book. The book is a personal representation on how the individual dealt with her loss and grief.

Evaluation

The book is a personal representation on how the individual dealt with her loss and grief and therefore there are no arguments that can be made as the book was created to deal with her own grief.

Connection

Just like the author I have found the purpose of life again through the lens. I have found a sense of tranquillity through my grief when taking images of what helped

*me through my grief, simply by being surrounded by nature and taking the images.
The book helps a lot with my research as it tackles the key important that I am
looking at which is what ways can grief be dealt with.*