



Suggested Reading

for life's transitions

A curated collection from Casey Ginsberg, LMSW

Books can offer language, perspective, and companionship during seasons of change. Choose what feels relevant, move at your own pace, and set aside anything that does not feel helpful.

NAVIGATING CHANGE

- **Life Is in the Transitions - Bruce Feiler**
Stories and practical insight for making meaning during major personal change.
- **Transitions - William Bridges**
A classic framework for understanding endings, uncertainty, and new beginnings.

GRIEF & LOSS

- **It's OK That You're Not OK - Megan Devine**
A compassionate, validating approach to grief that does not rush or minimize loss.
- **Bearing the Unbearable - Joanne Cacciatore**
Gentle reflections on living with profound grief while honoring continuing love.

CAREGIVING & RELATIONSHIPS

- **The Conscious Caregiver - Linda Abbit**
Practical encouragement for caring for another person while also caring for yourself.
- **Rebuilding: When Your Relationship Ends - Bruce Fisher and Robert Alberti**
A structured guide to healing, identity, and growth after separation or divorce.

BOUNDARIES & SELF-COMPASSION

- **Set Boundaries, Find Peace - Nedra Glover Tawwab**
Clear, accessible guidance for recognizing needs and communicating healthy limits.
- **Self-Compassion - Kristin Neff**
Research-informed practices for responding to difficulty with greater kindness and steadiness.

You don't have to navigate change alone.

CG Therapy provides compassionate telehealth therapy for teens and adults throughout Michigan.

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These suggestions are for educational purposes and are not a substitute for individualized mental health care.