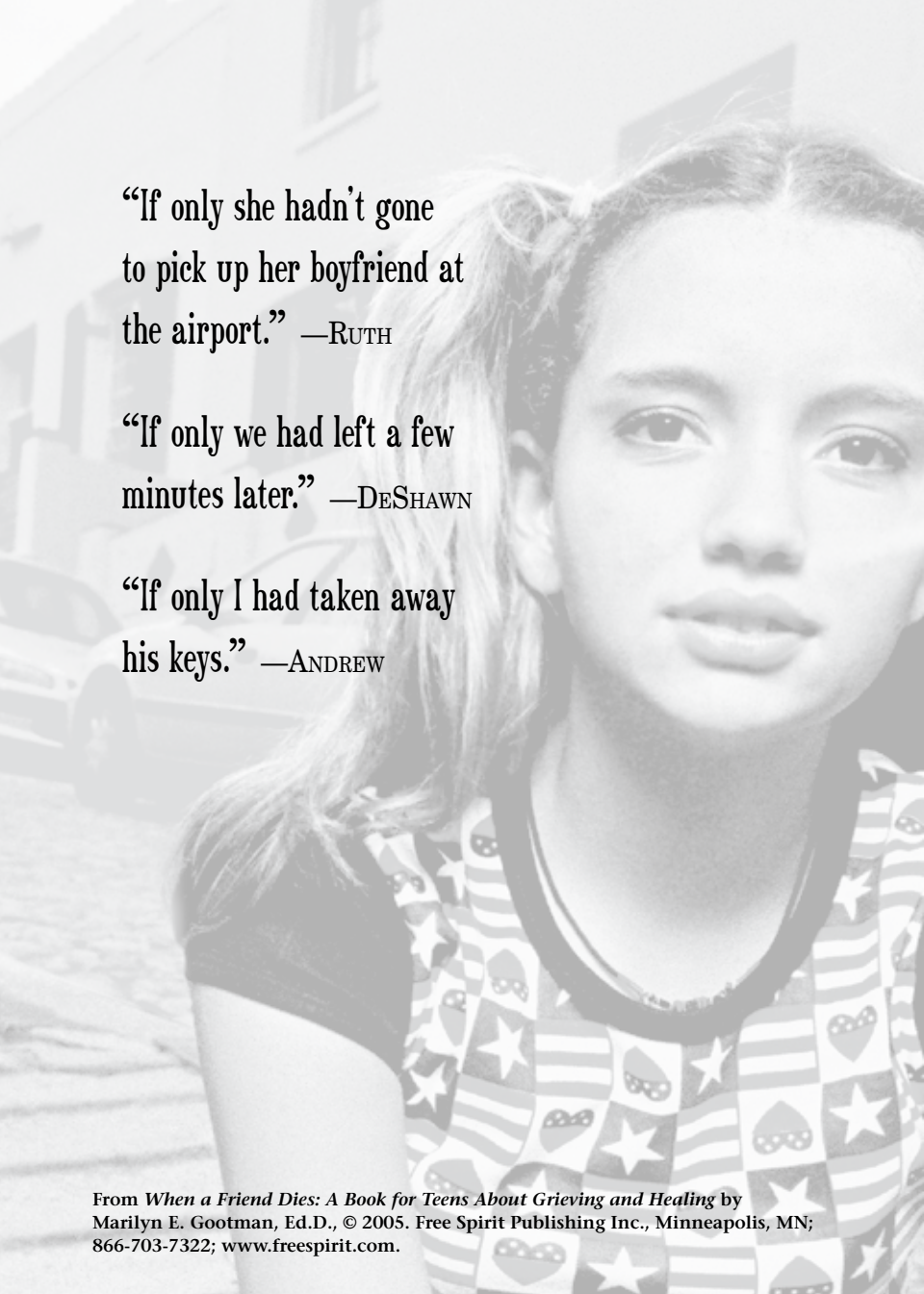


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“If only she hadn’t gone  
to pick up her boyfriend at  
the airport.” —RUTH

“If only we had left a few  
minutes later.” —DESHAWN

“If only I had taken away  
his keys.” —ANDREW

## If only...

“If only I had done....”

“If only I had said....”

“If only....”

These are thoughts that torment many people when someone dies. The truth is that awful things happen, and often nobody can stop them.

Death is scary. It makes us feel so powerless. Feeling guilty is a way to avoid feeling powerless. But you are not guilty if your friend has died. It isn't fair to expect yourself to stop another person's death.

*“No willpower could prevent  
someone's dying.”*

ANNIE DILLARD

# When a Friend Dies

## A Book for Teens About Grieving & Healing

"Speaks directly  
and simply to anyone who has  
suffered the loss of a friend."

—Michael Stipe, R.E.M.

If you are grieving the death of a friend, do something for yourself. Take the time to read this book. It isn't very long—there aren't a lot of words—but you may find the help you need to cope with your sadness and begin to heal.

Author Marilyn Gootman has seen her own children suffer from the death of a friend, and she knows what teenagers go through when another teen dies. Let her genuine understanding, gentle advice, and compassionate wisdom guide you through the next few days, weeks, or months.

If you're a parent or teacher of a teen who has experienced a painful loss, this book is for you, too.

**Marilyn E. Gootman, Ed.D.**, is a nationally known speaker, writer, and advocate for children, parents, and teachers. She has taught at both the elementary school and university levels. Founder of Gootman Education Associates, she is the author of numerous books and articles.

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