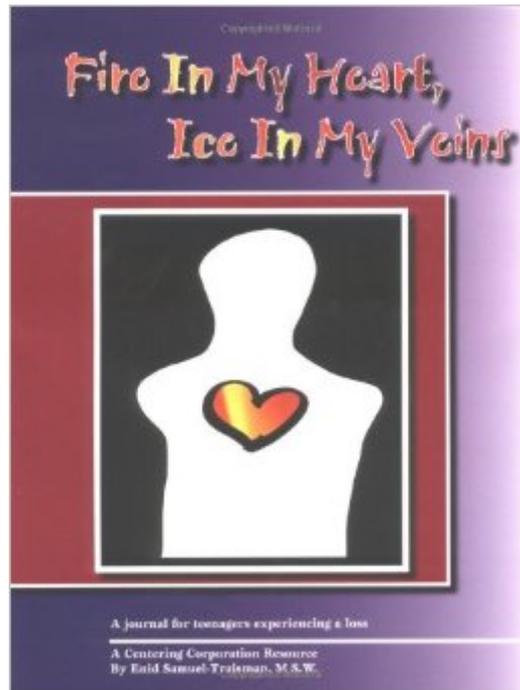


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# Fire In My Heart, Ice In My Veins: A Journal For Teenagers Experiencing A Loss



## Synopsis

Fire In My Heart, Ice In My Veins A Journal for Teenagers by Enid Traisman. Teens can write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know, finish business and use their creativity to work through the grieving process.

## Book Information

Paperback: 64 pages

Publisher: Centering Corporation; 1st edition (November 11, 1992)

Language: English

ISBN-10: 1561230561

ISBN-13: 978-1561230563

Product Dimensions: 0.5 x 8 x 11 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #72,725 in Books (See Top 100 in Books) #29 in [Books > Self-Help > Death & Grief > Suicide](#) #107 in [Books > Politics & Social Sciences > Sociology > Death](#) #2474 in [Books > Textbooks > Social Sciences](#)

## Customer Reviews

I ordered this journal for my two teen-aged daughters, both of whom were suffering greatly with the loss of my mother, their grandmother. The book is a wonderful aid in helping them express all the things they were afraid to vocalize. It allows them to write down their thoughts and feelings on such subjects as what they were doing when they found out the person had died, unresolved issues with the person who died and how they would like them to be resolved now, where they believe their loved one is now, and how the future will be without the person they love. It allows the teen to see that they are not alone in their grief, that others have the same thoughts as they do. I highly recommend this book to ANYONE who is experiencing loss in their life. It leads you gently through the entire grieving process-I can't say enough about how it helped us through a very difficult time in our lives.

I have given this book to a number of grieving teenagers who have found this book very helpful. I have also had requests for this book from others who have seen it. I usually order it by the dozen. Children are often the forgotten grievers. This book gives them a place to express what they are feeling as well as it may answer some of their questions. It lets them progress through the

grieving process without using a whole lot of words. Journaling is very helpful in grief work.

I work in an Alternative HS and have found that my students who most would think the book looks "corney" have requested copies of the book after looking through it. I like the fact that it addresses issues of anger that the adolescent may have (or may not even realize they have) towards the deceased. I work with high-risk youth and the family dynamics are always so complex. I also like the fact that it addresses changes that the adolescent will have to make and doesn't "sugar coat" things. But, it pays respect to the deceased in a tasteful way, and it is way for the adolescent to write memories/stories he/she might forget. My only complaint is that the book is pink. My guys who have been the ones who really have gotten a lot of use from this book (especially dealing with the death of a parent) are turned off at first from even looking at it.

This is a wonderful Journal for kids. On my first read through I felt it was geared a little more toward 9 to 13 year olds, rather than older teens. However, the content is excellent and the ideas and exercises will really help grieving teens work through the difficult grief process.

I am a teacher of teenagers and have given this book to at least five students who have suffered a loss. They ALL have reported that it was tremendously helpful and, when they shared it with their families, a bonding experience.

my 16yr old daughter got this book when my 2yr old son was killed. she used this book and several weeks later one of her best friends lost her dad to cancer..so we bought her this book. a good way for kids to get out their feelings when they don't want to open up.

My mother in law recently lost her short battle with cancer. My husband and I decided to let the school counselor know before she passed that our 7th graders would be going through a hard time since they are so close to their grandma. The counselor let us know that she would give the kids this book after she passed and that it would not only be a tool to read but also sort of a workbook so they could work through their feelings. We decided to go ahead and purchase one for our highschooler also. I am very pleased with this book. There are not enough tools readily available for parents when tragedy strikes. We will all be heart broken for a long time and I know this book won't fix that but it is definitely a stepping stone for our children.

This book is given to our teens and young adults at our hospital. We have received wonderful feedback about this book and the therapeutic responses it facilitates. We would highly recommend this book to others. Jo Ann Namm

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