

Books on Grief and Healing

These book choices were suggested by the following resources: Victoria Hospice, griefhealing.com, naeyc.com, recover-from-grief.com, griefnet.org, American Hospice Foundation, centerforloss.com, hospicenorthwest.ca, connect.legacy.com and The Dougy Center)

General Bereavement

- A Journey Through Grief: Gentle, Specific Helps to Get You Through the Most Difficult Stages of Grieving**, Alla Renee Bozarth
- Advice on Dying and Living a Better Life**, His Holiness, The Dalai Lama
- Beyond Grief: A Guide for Recovering from the Death of a Loved One**, Carol Staudacher
- Concerning Death: A Practical Guide for the Living**, Earl A. Grollman
- Courage to Grieve: Creative Living, Recovery and Growth through Grief**, Judy Tatelbaum
- Don't Take My Grief Away From Me: How to Walk Through Grief and Learn to Live Again**, Third Edition. Doug Manning
- Grieving: How to Go on Living when Someone You Loved Has Died**, Theresa Rando.
- Healing Grief, Finding Peace: 101 Ways to Cope with the Death of Your Loved One**, Louis LaGrand
- Healing the Adult Sibling's Grieving Heart**, Alan Wolfelt, Ph.D
- Healing the Bereaved Child's Heart**, Alan Wolfelt, Ph.D.,
- HeartPeace: Healing Help for Grieving Folks**, Richard Gilbert
- How to Survive the Loss of a Love**, Melba Colgrove
- Life After Loss: A Practical Guide To Renewing Your Life After a Major Loss**, B. Deits.
- Recovering from the Loss of a Loved One to AIDS: Help for Surviving Family, Friends, and Lovers Who Grieve**, Katherine Fair Donnelly
- To Begin Again**, Rabbi Naomi Levy
- Understanding Your Grief Journal: Exploring the Ten Essential Touchstones**, Alan Wolfelt
- When Bad Things Happen to Good People**, Harold Kushner

Adults Helping Grieving Children

- Bereaved Children and Teens: A Support Guide for Parents and Professionals**, Earl A. Grollman
- Caring For Your Grieving Child**, Martha Wakenshaw
- Helping Children Grieve: When Someone They Love Dies**, by Theresa M. Huntley
- Life and Loss: A Guide to Helping grieving Children**, Linda Goldman
- Lifetimes: The Beautiful Way to Explain Death to Children**, Bryan Mellonie
- Tear Soup**, Pat Schweibert

For Grieving Men

- Men and Grief**, Carol Staudacher
- Swallowed By a Snake: The Gift of the Masculine Side of Healing**, Thomas Golden
- When A Man Faces Grief / A Man You Know Is Grieving**, T. Golden & J. Miller

For Grieving Women

After He's Gone: A Guide for Widowed and Divorced Women, Barbara Tom Sowell & Donnette Schwisow

Women in Mourning: Stories of Grieving Women, Jean Clayton

LGBTQ

A Grief Recovery Guide for Gay Men, David Wayne Silva

Gay Widowers: Surviving The Death of Partner, Michael Shernoff

Lesbian Widows: Invisible Grief, Victoria Whipple

Partnered Grief: When Gay and Lesbian Partners Grieve, Harold Ivan Smith

Recovering from the Loss of a Loved One to AIDS: Help for Surviving Family, Friends, and Lovers Who Grieve, Katherine Fair Donnelly

Death Of A Child

A Broken Heart Still Beats: After Your Child Dies, A. McCracken & M. Semel

About What Was Lost: Twenty Writers On Miscarriage, Healing And Hope, Jessica Berger Gross

After the Darkest Hour the Sun Will Shine Again: A Parent's Guide to Coping With the Loss of a Child, Elizabeth Mehren & Harold Kushner

After the Death Of A Child: Living With Loss Through The Years, A. K. Finkbeiner

Beyond Tears: Living After Losing A Child, Ellen Mitchell

Goodbye My Child, Sara Rich Wheeler and Margaret Pike

Living on the Seabed: A Memoir of Love, Life and Survival, Lindsay Nicholson

Never Too Old For A Lullaby, Juanita White

The Bereaved Parent, Harriett S. Schiff

The Worst Loss: How Families Heal From The Death Of A Child, Barbara Rosof

When The Bough Breaks: Forever After The Death Of A Son Or Daughter, Judith Bernstein

Sudden Death

After Suicide, John H. Hewitt

I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One, Brook Noel & Pamela Blair

My Son...My Son...A Guide to Healing After Death, Loss, or Suicide, Iris Bolton with Curtis Mitchell

No Time for Goodbyes: Coping with Sorrow, Anger and Injustice After a Tragic Death, Janice Harris Lord

Death Of Spouse or Partner

Healing A Spouse's Grieving Heart: 100 Practical Ideas After Your Husband Or Wife Dies. Alan Wolfelt

I'm Grieving As Fast As I Can: How Young Widows And Widowers Can Cope And Heal, Linda Feinberg

In The Center Of The Night: Journey Through A Bereavement, J. Blankenship (*Personal account from a young widow with a young child*)

It Must Have Been Moonglow: Reflections Of The First Years Of Widowhood, – P. Greene (*Personal account from an older widow-56yrs married*)

Lesbian Widows: Invisible Grief, Vicky Whipple

The Year Of Magical Thinking, Joan Didion (*Personal account*)

Widow To Widow: Thoughtful, Practical Ideas for Rebuilding Your Life, Genevieve Davis Ginsburg

Death Of A Parent

Fatherloss: How Sons of All Ages Come to Terms With the Deaths of Their Dads, Neil Chethik

Letters From Motherless Daughters: Words Of Courage, Growth And Healing, Hope Edelman

Losing Your Parents, Finding Your Self: The Defining Turning Point Of Adult Life, Victoria Secunda

Midlife Orphan: Facing Life's Challenges Now That Your Parents Are Gone, Jane Brooks

Mother To Daughter, Daughter To Mother: A Daybook And Reader, Tillie Olsen

Motherless Daughters: The Legacy Of Loss, Hope Edelman

Never The Same: Coming To Terms With The Death Of A Parent, Donna Shuurman

Nobody's Child: How Older Women Say Good-Bye To Their Mothers, Diane Lutovich

She Loved Me, She Loved Me Not: Adult Parent Loss After A Conflicted Relationship, L. J. Converse

The Closer We Are to Dying, Joe Fioritto

The Orphaned Adult: Understanding And Coping With Grief And Change After The Death Of Our Parents, Alexander Levy

When Parents Die: A Guide for Adults, Edward Myers

Death of a Sibling

Letters to Sara: The Agony of Adult Sibling Loss, Anne McCurry

Recovering From the Loss of a Sibling, Katherine Fair Donnelly

Surviving the Death of a Sibling, T.J.Wray

The Empty Room: Surviving the Loss of a Brother or Sister at Any Age, Elizabeth Devita-Raeburn

Holidays and Grief

A Decembered Grief: Living With Loss While Others Are Celebrating, H. I. Smith

Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season, Alan Wolfelt

Helping Friends and Loved Ones

Don't Ask for the Dead Man's Golf Clubs, Kelly, Lynn

Healing the Grieving Heart: 100 Practical Ideas for Families, Friends & Caregivers, Alan Wolfelt

Children's Books About Death and Grief

The following is a list of books that have been found to be helpful to families who have suffered the sudden unexpected death of a child. Please read through the descriptions to determine if a book fits in with your personal belief system (ie; existence of heaven or not).

Badger's Parting Gifts

By Susan Varley (Ages 4-8)

All the animals loved badger and when he dies they are overwhelmed by their loss. Then, they begin to remember and through their memories the animals find strength to face the future with hope. Very sweet, simple and well illustrated.

Dancing on the Moon

By Janice Roper and Lauren Grimm

(Age- baby to preschool)

This book is designed to help families coping with a SIDS loss. Written by a parent whose 3-month-old son died of SIDS. This is a story about 6 year old Carly who experienced confusion and sadness after the death of her baby brother, Nigel.

The Fall of Freddy the Leaf

By Leo Buscaglia (Ages 4-8)

This is a warm, wonderfully wise and strikingly simple story of Freddy the Leaf-how Freddy and his companion leaves change with the seasons, finally falling to the ground with the winter's snow. This is a classic and wonderful for explaining death to a child.

Help Me Say Goodbye: Activities For Helping Kids Cope When a Special Person Dies

By Janis Silverman (Ages 5 – teen)

An art therapy and activity book for children coping with the death of someone they love. Sensitive exercises address all the questions that children may have during this emotional and troubling crisis. Children are encouraged to express in pictures what they are often incapable of expressing in words. The author is an art therapist. The book discusses what to say and do, how to deal with feelings and how to remember friends and relatives who have died.

I Miss You: A First Look at Death

By Pat Thomas (Pre to Grade school)

Explains to children the concept of death

Losing Someone You Love

By Elizabeth Richter (Ages 7 and up)

Fifteen young people tell about the death of their brother or sister. They tell about their feelings, sorrows, fear, loneliness and anger and their difficulties both at home and at school.

Someone I Love Died By Suicide: A Story For Child Survivors And Those Who Care For Them

By Doreen Cammarata

Sad Isn't Bad- A Good Grief Guidebook for Kids Dealing with Loss

By Michaelene Mandy and RW Alley (Ages 4-8)

This book is loaded with positive, life affirming advice for coping with loss as a child. This guide tells kids what they need to know: the world is still safe, life is good and hurting hearts do mend.

The Tenth Best Thing About Barney

By Judith Viorst and Erik Blegvard (Age 4-8)

In simple phrases narrated by a child whose cat, Barney has died. The author honestly and simple handles the emotions of losing a beloved pet and the questions about the finality of death. Very good for young ones.

What Do They Do All Day in Heaven?

By Staci Thomas (Preschool age)

Parents and the children can discuss death of a sibling and heaven.

What's Heaven?

By Maria Shriver (Pre to Grade school)

Good explanation of the concept of heaven and death when a grandparent dies.

When Dinosaurs Die: A Guide to Understanding Death

By Laurie Rasky (Pre to Grade school)

This book offers a straightforward introduction to death and dying for young children. Bright illustrations accompany honest answers to questions children may have about death, including "Why does someone die?" and "What does dead mean?"

When Someone VERY Special Dies: Children Can Learn to Cope with Grief

By Marge Heegaard (Ages 6-12)

This book was designed to teach children death education, to recognize and express feelings of grief, encourage open communication and help adults discover the unhealthy misconceptions children may have about death.

Where's Jess?

By Joy & Marv Johnson (Ages 3-8)

Story about how the brother and his family grieve after their baby, Jess, dies.

Teens - Books About Death and Grief

Common Threads Of Teenage Grief

By J. N. Tyson

Teens tell their stories of grief to teens.

Facing Change: Falling Apart and Coming Together in the Teen Years

By Donna O'Toole

A book about loss and change for teens.

Fire in My Heart, Ice in My Veins-A Journal For Teenagers Experiencing a Loss

By Enid Samuel Traisman

The journal encourages teens to work through grief in creative and healthy ways. It allows them to keep permanent memories of the person who died. Also, it gives them skills to use throughout their lives when faced with grief and loss.

Healing a Grieving Heart: for Teens

By Alan Wolfet

A book written in clear, user-friendly prose. Each page presents a different idea designed to help teens recognize mourning as a natural process connected with loss, reassuring them that they should not be afraid of deep sometimes uncontrollable emotions and showing them how to release grief in healthy positive ways. It seems to *work with* rather than *talk at* teens as they tackle the grief process.

Healing Your Grieving Heart: 100 Practical Ideas For Kids

By Alan Wolfet

A clear concise book with sensitivity and insight that offers suggestions for healing activities. It acknowledges that death is a painful part of life. It offers ideas and activities aimed at reducing confusion, anxiety and the huge personal void so that the living can begin their lives again.

Straight Talk About Death For Teenagers: How to Cope with Losing Someone You Love

By Earl A. Grollman

What on Earth to Do When Someone Dies

By Trevor Romain

This simple, insightful, straight-from-the-heart, this book is for any child who has lost a loved one. The author talks directly to kids about what death means and how to cope. Answers questions kids have: why, how, what next, is it my fault, what's a funeral, in basic straightforward terms.

You Are Not Alone: Teens Talk About Life After The Loss Of A Parent

By Lynne Hughes

Helpful Websites for Grief Issues

General Bereavement Links

AARP Grief and Loss Programs

<http://www.aarp.org/griefprograms/home.html>

AARP (American Association of Retired Persons), a nonprofit advocacy organization, offers an array of resources for bereaved persons, including the AARP Widowed Persons Service a community-based program in which trained widowed volunteers reach out to the newly widowed.

American Hospice Foundation Grief Center

www.americanhospice.org

This site offers Information for employers, educators, and healthcare providers, as well as articles, consumer-friendly educational materials, and professional training tools on grief.

Bereaved Parents of the USA

<http://www.bereavedparentsusa.org/>

This website was founded in 1995 by a group of bereaved parents across the country. Their sole purpose is to offer support, understanding, encouragement and hope to other bereaved parents, siblings and grandparents after the death of their loved ones.

Center for Loss and Life Transition

<http://www.centerforloss.com/>

This site is dedicated to companioning grieving people as they mourn transitions and losses that transform their lives.

Centering Corporation

<http://www.centering.org>

The Centering Corporation is a family owned and operated business (just like Grief Watch!) that is dedicated to serving the needs of those healing from loss. Centering Corporation offers one of the largest mail-order and online selections of bereavement titles available.

Community Tissue Services – Grief Words Library

<http://www.griefwords.com/library/active/CommunityTissue.asp>

This web page, by Community Tissue Services, provides information and articles on grief and bereavement.

The Dougy Center

<http://www.dougy.org/>

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences and gain information.

Grief Loss Recovery

<http://www.recover-from-grief.com/>

This website is to provide hope and health through creative grieving.

GriefNet

<http://www.griefnet.org>

This site offers Internet community of persons dealing with grief, death, and major loss. Also offers email support groups-and a good bereavement links page.

HelpGuide

http://www.helpguide.org/mental/grief_loss.htm

Helpguide's mission is to provide mental health information you can trust. Excellent articles on grief and bereavement with suggestions on coping and when to seek professional help.

Hospice Foundation Of America, grief resources

www.hospicefoundation.org

This site offers a wide range of resources on coping with grief, including articles, a newsletter, and a forum for sharing personal stories.

Journey of Hearts

<http://www.journeyofhearts.org/>

This website is for anyone who has ever experienced a loss or a significant life event that changed their life forever. The site was created to help people through the transitional process of dealing with a loss or significant life change, incorporate the loss, ultimately become transformed by the experience, and begin to live life again.

Loving Transformation

<http://www.loving-transformation.com>

The goal of this site is supporting parents and siblings through grief, into healing, and on to discover and realize their purpose in life.

Open to Hope

www.opentohope.com

This online resource center is dedicated to helping people find hope again after loss.

The Sibling Connection

www.counselingstlouis.net

This Resource for anyone who has lost a sibling and Includes information, articles, and resources about sibling grief at different ages.

Survivors of Suicide

<http://www.survivorsofsuicide.com>

The focus of this site is to prevent suicidal behavior and help those grieving a suicide loss. It has lots of useful information. Online discussion "circle" and memorials page.

Tom Golden's Crisis, Grief & Healing

<http://www.webhealing.com>

Tom Golden's *Crisis, Grief & Healing* website is one of the most comprehensive sites dealing with grief on the internet. Site includes an interactive grief discussion bulletin board for infant loss, helpful articles on grief, resources for fathers and much more.

Wendt Center for Loss and Healing

www.wendtcenter.org

The goal of this resource restoring hope and healthy functioning to adults, teens, and children who are coping with grief, loss, and trauma. Includes informational pages on grief and comprehensive resource lists.

WidowNet

<http://www.widownet.org>

This site is an online information and self-help resource for, and by, widows and widowers. Topics covered include grief, bereavement, recovery, and other information helpful to people, of all ages, religious backgrounds and sexual orientations, who have suffered the death of a spouse or life partner.

CHILDREN/SIBLINGS/TEENS

The Grieving Center For Children, Teens & Families

<http://www.grievingchildren.org>

This site is a safe and caring place where children, teens and their families grieving a death or other loss can find the support to grow through their healing process. The site is dedicated to being an educational and supportive resource for professionals and others who interact with grieving children, teens and families.

Loving Transformation

<http://www.loving-transformation.com>

The goal of this website is supporting parents and siblings through grief, into healing and on to discover and realize their purpose in life.

The Sibling Connection

www.counselingstlouis.net

This site is a resource for anyone who has lost a sibling and Includes information, articles, and resources about sibling grief at different ages.

INFANT/CHILD LOSS LINKS

The Compassionate Friends

<http://www.compassionatefriends.org>

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. Site includes listings of local chapters and other helpful information.

First Candle

<http://www.firstcandle.org/grieving-families/>

First Candle is a leading national nonprofit organization dedicated to safe pregnancies and the survival of babies through the first years of life. This website also provides information, resources and compassionate grief support to all those affected by the death of a baby.

National SUID/SIDS Center

<http://www.sidscenter.org/Bereavement/>

A website providing resources to states, communities, professionals, and families to reduce sudden unexpected infant death (SUID)/Sudden Infant Death Syndrome (SIDS) and promote healthy outcomes. Nice information about bereavement issues.

SHARE Pregnancy And Infant Loss Support, Inc.

<http://www.nationalshare.org>

The services provided by the National SHARE organization are available, free of charge, to bereaved parents as well as to their family and friends. Services include bi-monthly newsletters, and support groups.

FATHERS

Crisis, Grief & Healing

<http://www.webhealing.com>

This interactive web site offers online grief discussion and helpful resources for fathers.

Fathers Grieve Too

<http://members.tripod.com/~Tamy/father.html>

This site is a father's letter of advice and experience to other fathers facing loss.

Feelings of the Fathers

<http://www.thelaboroflove.com/forum/loss/fathers.html>

This site is dedicated to fathers who are suffering the loss of their child. Includes links articles and links to other father-specific web pages. A good starting point for a father.

SPANISH

MISS Foundation

<http://www.misschildren.org/spanish>

This site is offered by a nonprofit 501(c)3 international organization providing immediate and ongoing support to grieving families, helping them to empower themselves by proactive community involvement and volunteerism, and reducing infant and toddler death through research and education.

CHRISTIAN

Footprints Ministry

<http://www.angelfire.com/ny5/footprintsministry>

This website is offered by a Christian ministry based in Charlotte, NC, Footprints Ministry offers support groups for bereaved parents and also runs an informational website and newsletter. Presentations are available for churches, youth groups, and schools.

GriefShare

<http://www.griefshare.org/>

This website offers Christian-based grief support and information. The website has links to support groups, and a daily email service called "A Season of Grief" which provides encouragement and reminders of the recovery process.

M.E.N.D

www.mend.org

This site offers support with a Christian emphasis for those families whose baby has died, or a subsequent pregnancy after a loss. Links to bereaved family resources and info about their newsletter and programs.