

General Grief

Bridges, William. **Transitions**. Da Capo Press, 2004. An elegantly simple step-by-step roadmap through the three stages of any transition.

Bonanno, George. **The Other Side of Sadness: what the New Science of Bereavement Tells Us about Life After Loss**. Basic Books, 2010. The author shows how our conventional model for grief discounts our capacity for resilience and examines how our inborn emotions help us deal effectively with loss.

Callanan, Maggie and Patricia Kelley. **Final Gifts**. Simon & Shuster, 2012. Hospice nurses share their experiences responding to the requests of the dying and helping them prepare emotionally and spiritually for death.

Colgrove, Melba PhD, et al. **How to Survive the Loss of a Love**. Prelude Press, 2006. Provides numerous recommendations for coping with the loss of a love through death or break-up.

Edward, John. **After Life**. Sterling Ethos, 2010. Acclaimed medium shares what he's learned through his own personal losses and demonstrates that it's never too late to forgive... and never too far away to love.

Grollman, Earl. **Living When a Loved One has Died and What Helped Me When My Loved One Died**. Beacon Press, 1995. Suitable for pocket or bedside, this gentle book guides the bereaved as they experience grief, begin to heal, and build new lives.

Harvey, Greg, PhD. **Grieving For Dummies: Empowering Advice for Coping with the Loss of a Loved One**. For Dummies, 2007. This guide covers all types of losses, including parents, spouses and partners, children, siblings, friends, and pets.

Heide, John Grayson. **Flight of the Pickerings**. CreateSpace, 2016. Faced with the sad and inevitable end for his beloved Dorothy, Guy Pickering devises a peaceful exit, but his plans go awry and suddenly the most private moments spiral out of control.

Hickman, Martha Whitmore. **Healing After Loss: Daily Meditations for Working through Grief**. William Morrow, 1994. Quotations from many sources, and takeaway thoughts on each page.

Kreis and Pattie. **Up From Grief: Patterns of Recovery**. Harper San Francisco, 1985. Help in understanding the grieving process for the bereaved and especially their caregivers.

Kübler-Ross, Elisabeth. **On Death and Dying**. Scriber, 2014. One of the most important psychological studies of the late 20th century, this remarkable book explores the five stages of death: denial and isolation, anger, bargaining, depression, and acceptance.

Kübler-Ross, Elisabeth. Other notable titles: **On Grief and Grieving, On Life after Death, Life Lessons; Death, The Final Stage of Growth, The Wheel of Life, On Children and Death, Tunnel and the Light**.

Kushner, Harold S. **When Bad Things Happen to Good People**. Anchor, 2004. A straightforward, elegant contemplation of the doubts and fears that arise when tragedy strikes.

Lesser, Elizabeth. **Broken Open: How Difficult Times Can Help Us Grow**. Villard, 2005. Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce and loss to become stronger, wiser, and more in touch with their purpose and passion.

Levine, Stephen. **Meetings at the Edge**. Anchor, 1989. Based on his extensive counseling work with the terminally ill, Levine integrates death into the context of life with compassion, skill, and hope.

Levine, Stephen and Ondrea. **Who Dies?** Anchor, 1989. How to open to the immensity of living with death, to participate fully in life as the perfect preparation for whatever may come next.

Lewis, C.S. **A Grief Observed**. HarperOne, 2009. Written after his wife's tragic death as a way of surviving the "mad midnight moment," this is an

honest reflection on the fundamental issues of life, death, and faith in the midst of loss.

McKissock, Nina Angela, RN. ***From Sun to Sun: A Hospice Nurse Reflects on the Art of Dying.*** She Writes Press, 2015. A highly experienced hospice nurse imparts the profound lessons she learns as she guides her beloved patients on their final journey.

Rando, Therese. ***How to Go On Living When a Loved One Has Died.*** Bantam, 1991. There is no right or wrong way to confront loss and the author leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.

Roth, Deborah. ***Stepping Stones to Grief Recovery.*** IBS Press, 1988. Personal experiences of healing from The Center for Help in time of loss.

Sausy, Antonio. ***Yoga for Grief Relief.*** New Harbinger Press, 2014. If you are open to viewing your loss as an opportunity for growth, this illustrated book will help transform your grief with gentle yogic poses, breathing exercises, and self-relaxation tips.

Schiff, Harriet. ***Living Through Mourning.*** Penguin Books, 1987. Supported by interviews with the bereaved and with funeral directors, therapists, and clergymen, this reference helps guide mourners through the grieving process and toward hope when a loved one has passed.

Staudacher, Carol. ***Men and Grief.*** New Harbinger, 1991. An insightful and thought-provoking look at the problems men face as they experience the emotionally painful times of their lives.

Stearns, Ann Kaiser. ***Living Through Personal Crisis.*** Idyll Harbor, 2010. Guides those moving through the mourning process and those who are struggling with depression and other symptoms of distress as they start to realize that they are grieving their loss.

Stern, Radha. ***Griefprints: A Practical Guide for Supporting a Grieving Person.*** Radha Stern, 2013. Each of us grieves in our own, unique way. This book will help those who care find ways to support and comfort the grieving person.

Tatelbaum, Judy. ***The Courage to Grieve.*** William Morrow, 2008. Excellent advice on how to help oneself and others get through the immediate experience of death and the grief that follows, as well as how to understand the special grief of children.

Tatelbaum, Judy. ***You Don't Have to Suffer.*** Skyhorse Publishing, 2012. Author explains that we can consciously choose how and how much we suffer over our own losses, hardships, and disappointments and let go of them.

Van Praagh, James. ***Healing Grief.*** New American Library, 2001. Author and renowned medium shares many insightful spiritual messages from deceased loved ones, who shed new light on grief and loss.

Viorst, Judith. ***Necessary Losses.*** Free Press, 1998. Drawing on psychoanalysis, literature, and personal experience, *Necessary Losses* is a philosophy for understanding and accepting life's inevitabilities.

Weller, Frances. ***Entering the Healing Ground: Grief, Ritual and the Soul of the World.*** Wisdom Bridge Press, 2012. A meditation on the hidden vitality in grief, uncovered when the heart welcomes the sorrows of our life and those of the world.

Welshons, John. ***Awakening from Grief.*** New World Library, 2003. This remarkable book weaves together the author's own personal awakening with those of others he's counseled to bestow a deeply felt and exquisitely expressed primer on dealing with grief.

Wolfelt, Alan D. PHD. ***Healing Your Grieving Heart: 100 Practical Ideas.*** Companion Press, 2001. With sensitivity and insight, this series for teens, adults, spouses, etc. offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally.

Zunin, L. and H. ***Art of Condolence.*** Harper Perennial, 1992. This heartfelt, practical, and easily accessible resource covers the three most common areas of concern: "What can I write?" "What can I say?" and "What can I do?"

Loss of a Spouse or Partner

Caine, L. ***Being a Widow***. Penguin Books, 1990. Practical advice and guidance to women lost in the loneliness and stress of widowhood. She writes candidly about the impact of death, depression, legal and financial problems, re-emerging sexuality, dreams, and more.

Didion, Joan. ***The Year of Magical Thinking***. Vintage, 2007. Following her husband's fatal heart attack, the author explores an intensely personal yet universal experience that will speak to anyone who has ever loved a husband or wife or child.

Gates, Philomene. ***Suddenly Alone: A Woman's Guide to Widowhood, Divorce and Loneliness***. Gridiron Publishers, 1998.

Neeld, Elizabeth H. ***Seven Choices: Taking the Steps to New Life After***. Grand Central Publishing, 2003. A step-by-step guide to mourning and recovery, accompanied by a description of phases necessary to complete the "grieving process."

Nudel, Adele R. ***Starting Over: Help for Young Widows and Widowers***. Dodd Mead, 2007. Answers questions and gives workable options for coping with anger, hurt and depression, and handling family and friends and over-protective parents.

Wilbur, Ken. ***Grace and Grit***. Shambhala, 2001. A deeply moving account of a couple's struggle with cancer and their journey to spiritual healing.

Parental Loss

Edelman, Hope. ***Motherless Daughters: The Legacy of Loss***. Da Capo Lifelong Books, 2014. Building on interviews with hundreds of mother-loss survivors, the author reveals the shared experiences and core identity issues of motherless women.

Kennedy, Alexandra. ***Losing a Parent: Passage to a New Way of Living***. HarperOne, 1991. The author shares her own story of facing the loss of a parent and offers innovative strategies for healing and transformation.

LeShan, Eda. ***Learning to Say Goodbye: When a Parent Dies***. Avon Books, 1998. Discusses the questions, fears, and fantasies many children experience when a parent or someone close to them dies.

Myers, Edward. ***When Parents Die: A Guide for Adults***. Penguin Books, 1997. Topics range from the psychological responses such as shock, depression, and guilt, to the practical consequences such as dealing with estates and funerals.

Secunda, Victoria. ***Losing Your Parents, Finding Yourself***. Hachette Books, 2001. An eloquent book that explores the impact on one's life of losing a parent as an adult, and the effect it has on families, careers, and friendships.

Suicide

Lukas, Christopher and Henry M. Seiden. ***Silent Grief: Living in the Wake of Suicide***. Jessica Kingley Publishers, 2007. The authors describe the effect of suicide on survivors and the world of silence, shame, guilt and depression that can follow.

Pets

Carmack, Betty J. ***Grieving the Death of a Pet***. Augsburg Books, 2003. Author draws on her own experience and interviews with dozens of pet lovers to guide the reader through the initial loss of a pet to the dawning of new hope and reassurance.

Poetry

Oliver, Mary. ***Thirst***. Beacon Press, 2007. In these 43 new poems, the Pulitzer Prize-winning author grapples with grief at the death of her beloved partner of over 40 years, strives to experience sorrow as a path to spiritual progress.

Young, Kevin, ed. ***The Art of Losing: Poems of Grief and Healing***. Bloomsbury USA, 2013. 150 poems that embrace the pain and heartbreak of mourning. Features works by some of our most beloved poets as well as the best of the current generation of poets.

Loss of Child or Grandchild

Davies, Phyllis. ***Grief: Climb Toward Understanding***. Sunnybank Publishers, 1998. Written after the death of her 13-year-old son, this book's crisp verse vignettes lovingly reflect the author's struggle and determination to find healing in her grief.

Fitzgerald, Helen. ***The Grieving Child***. Simon & Schuster, 1992. A practical guide for parents to help them explain death to their children, understand their children's emotional responses and learn hands-on-techniques for helping them with their grief work. Includes answers to parents' most frequently asked questions.

Galinsky, Nadine. ***When a Grandchild Dies: What To Do, What to Say, How to Cope***. Gal in Sky Publishing, 1999. Provides ideas for communication with family and friends, coping strategies, and insights. It includes stories and quotes from those who have experienced such a loss.

Gentry, Genesee Bordeau. ***Stars in the Deepest Night***. iUniverse, 2000. A collection of poetry in which a bereaved parent describes the nightmare, isolation and transformation of grief after the death of a child.

Knapp, Ronald J. ***Beyond Endurance: When a Child Dies***. Hazeldon Publishing, 2000. Based on the results of interviews with over 155 families who experienced such a loss to determine how they coped or failed to cope.

McCracken, Anne and Mary Semes. ***A Broken Heart Still Beats After Your Child Dies***. A remarkable compilation of poetry, fiction, and essays about the pain, stages of grief, and the coping and healing process that follows the death of one's child.

Miller, Sukie. ***Finding Hope When A Child Dies***. Simon & Schuster, 1999. Provides comfort and hope, by drawing on cross-cultural wisdom. Filled with insightful ideas, practical information and inspiring personal stories.

Reed, Mary Lou. ***Grandparents Cry Twice: Help for Bereaved Grandparents***. Routledge, 2017. A book about grandparents' dual sorrow as they cry for their lost grandchild and also for the terrible grief they see their own child having to bear.

Rubel, Barbara. ***But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors***. Griefwork Center, Inc., 1999. An extraordinary resource to help children deal with the difficult, often hidden and stigmatizing aftereffects of suicide.

Schiff, Harriet. ***The Bereaved Parent***. Penguin Books, 1978. Practical supportive advice for bereaved parents and the professionals who work with them, based on the experiences of psychiatric and religious counselors.

Silverman, Phyllis R. and Madelyn Kelly. ***A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of Loved One***. Oxford University Press, 2009. Wise guidance on virtually every aspect of childhood loss.

Toder, Francine. ***When Your Child is Gone, Learning to Live Again***. Capital Publishing, 1986. Advises parents on how to adjust to the loss of a child and explains how to deal with feelings of guilt and grief.

Borrow these and other materials for all ages on coping with grief and loss from the **Vivienn & Allen Fosman Library of Hope** at By the Bay Health, Larkspur, (415) 927.2273.

For grief counseling services and support, visit www.bythebayhealth.org or call the Bereavement Department at (415) 526.5699 or (707) 931.7299.