General Grief


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.


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.


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.


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.


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.


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.


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


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.


Parental Loss


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.


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.
Books for Grieving Adults (continued)

Loss of Child or Grandchild


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.

McC racken, 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.


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.


