

Hopeful Hearts Library List

Category: Adult

35 Ways to Help a Grieving Child by Dougy Center Staff

If you know a child or teen who has experienced a death, this guidebook presents you with simple and practical suggestions for how to support him or her. Learn what behaviors and reactions to expect from children at different ages, ways to create safe outlets for children to express their thoughts and feelings and how to be supportive during special events such as the memorial service, anniversaries and holidays.

A Broken Heart Still Beats: After Your Child Dies by Anne McCracken

How Two Grieving Mothers Found Inspiration and Comfort. There are few, if any, events in life as traumatic, heart-wrenching, and crushing as the death of a child. While nothing can mute the pain of such a life-shattering loss, others who know this experience can help those suffering articulate the chaos of their feelings and see that they can, eventually, feel whole again. Organized by a journalist and a psychotherapist, each of whom has lost a child, *A Broken Heart Still Beats* is 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.

A Child's View of Grief by Alan D. Wolfelt, Ph.D.

This concise resource for parents of grieving children explores several key principles for helping children cope with grief and offers ways to create an emotional environment filled with love and acceptance. It answers common questions such as 'What should I say to children when someone they love dies?' This guide also identifies and explains typical behaviors, thoughts, and feelings of grieving kids and offers adults tips for responding to them.

After the Death of a Child: Living With Loss through the Years by Ann K. Finkbeiner

Ann Finkbeiner lost her son in a train accident when he was 18. Several years later, she noticed she was feeling better and wondered whether this feeling was what was meant by "recovery." And as a bereaved parent, she asked hard questions of thirty parents whose child had died at least five years before, of all causes and at all ages. In this book, Finkbeiner combines the research and the parents' answers into a description of the parents' new lives. The parents talk about their changed marriages and their changed relationships with their other children, with their friends and relatives. They talk about their attempts to make sense of the death and about their drastically changed priorities. And most important, they talk about how they still love their children, how the child seems to see through their eyes and live through their actions. They move on through their grief, they get on with their lives, but they never let go of their children.

A Grief Observed by C.S. Lewis

Written after his wife's tragic death as a way of surviving the "mad midnight moment," *A Grief Observed* is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss. This work contains his concise, genuine reflections on that period: "Nothing will shake a man -- or at any rate a man like me -- out of his merely verbal thinking and his merely notional beliefs. He has to be knocked silly before he comes to his senses. Only torture will bring out the truth. Only under torture does he discover it himself." This is a beautiful and unflinchingly honest record of how even a stalwart believer can lose all sense of meaning in the universe, and how he can gradually regain his bearings.

An Early Journey Home by Mary Ann Froehlich

Despite the gentle warning of her co-workers, music therapist Mary Ann Froehlich couldn't help but enter into the suffering of the terminally ill children she served. As a music therapist at a children's hospital, Mary Ann watched her courageous young clients develop compassion and maturity beyond their years. She observed their remarkable ability to embrace the gift of today. She admired their refusal to be consumed by the grief of "what might have been" And she witnessed the intense anguish of their families.

Mary Ann's years of experience with the "experts" have given her an uncommon understanding of what dying children and their families need--and don't need! Here is help for those who want to help but don't know how. An Early Journey Home may wound your heart. But it will also show you how to find the wisdom and courage to come alongside those who know too much pain.

Ages: Adults

Beyond Kubler-Ross: New Perspectives on Death, Dying, and Grief

ed. by Kenneth J. Doka & Amy S. Tucci

Discusses how professional understanding of dying and grief has progressed and developed. Readers will find spirited discourse on the most current issues surrounding the question of how people grieve and how professionals can best support them, in chapters and tools that will augment and even challenge their work.

Born to Fly: An Infant's Journey to God by Cindy Claussen

Twenty-three years after her son Nathan's stillbirth, Cindy Claussen was filled with a need to write this story of hope and healing. Designed with soft colors and simple illustrations, the pages of Born to Fly – An Infant's Journey God, contain Nathan's conversation with God as he hears his father's strong voice and experiences the sensation of his Mother's warm touch for the first time. "I will kick her so she knows I love her too," Nathan tells God. When Nathan shares with God that he is not feeling well and is growing weary, God wipes His eyes and tells the child that soon he will fly. "I will fly? Will my mother fly with me?" Nathan asks. "Someday," God assures him. The simplicity of the story is what makes it so powerful. Born to Fly is indeed a little treasure that is sure to leave its delicate imprint on your heart.

But I Didn't Say Goodbye: Helping Children and Families after a Suicide by Barbara Rubel

But I Didn't Say Goodbye is a book seen through the eyes of Alex, an eleven-year-old boy, whose father has died by suicide. This story is a glimpse into a child's traumatic and life-changing personal experience. But I Didn't Say Goodbye introduces you to a bereaved family immediately after a suicide and ends five years later.

Daddy's Promise by Brendan T. Hoffman

A story about a father and daughter relationship. His daughter dies of cancer and he talks about how she and he both handled it.

Devastating Losses: How Parents Cope With the Death of a Child to Suicide or Drugs by William Feigelman, John R. Jordan, John L. McIntosh, & Beverly Feigelman

The text emphasizes the sociological underpinnings of survivors' grief and provides data that vividly documents their critical need for emotional support. It explains how bereavement difficulties can be exacerbated by stigmatization, and by the failure of significant others to provide expected support. Also explored in depth are the ways in which couples adapt to the traumatic loss of a child and how this can bring them closer or render their relationship irreparable. Findings suggest that with time and peer support affiliations, most traumatically bereaved parents ultimately demonstrate resilience and find meaningful new roles for themselves, helping the newly bereaved or engaging in other humanitarian acts.

Getting Back to Life When Grief Won't Heal by Phyllis Kosminsky

In her book, *Getting Back to Life When Grief Won't Heal*, you'll find a path through your grief when you read the intimate stories of people who managed to do the same. You'll find real inspiration, invaluable insight, and deeply felt advice. You'll learn that, yes, there is hope. And, with time, you can let go of the overwhelming sense of loss . . . and embrace the life you were truly meant to live.

Goodbye My Child by Margaret Pike

A complete guide for newly bereaved parents. Talks about funeral planning, differences in losses, the five phases of mourning, men and women grief, grandparents, your other children, family and friends and picking up the pieces.

Grace for Grief by Michael & Brenda Pink

Contains 365 Bible passages with heartfelt, "prayer-like" responses that express the anguish of the soul and cry of a grieving person during their first year of loss.

Grief and Bereavement in Contemporary Society: Bridging Research and Practice by Robert A. Neimeyer, Darcy L. Harris, Howard R. Winokuer, & Gordon F. Thornton

Grief and Bereavement in Contemporary Society is an authoritative guide to the study of and work with major themes in bereavement. Its chapters synthesize the best of research-based conceptualization and clinical wisdom across 30 of the most important topics in the field. The volume's contributors come from around the world, and their work reflects a level of cultural awareness of the diversity and universality of bereavement and its challenges that has rarely been approximated by other volumes. This is a readable, engaging, and comprehensive book that will share the most important scientific and applied work on the contemporary scene with a broad international audience, and as such, it will be an essential addition to anyone with a serious interest in death, dying, and bereavement.

Grief Comes to Class: An Educator's Guide by Majel Gliko-Braden

The purpose of this book is to assist school personnel, primarily the classroom teacher in being a positive, significant caregiver for the bereaved student. This book is also meant to aid parents of grieving students and to provide help for the student as she/he reenters the school environment following the death experience.

Grieving a Suicide: A Loved One's Search for Comfort, Answers & Hope by Albert Y. Hsu

After his father's death by suicide, Albert Hsu wrestled with the intense emotional and spiritual questions surrounding suicide. While acknowledging that there are no easy answers, Hsu draws on the resources of the Christian faith to point suicide survivors to the God who offers comfort in our grief and hope for the future. If you have lost a loved one to suicide or provide pastoral care to those left behind, this book is an essential companion for the journey toward healing.

Grieving Forward: Death Happened Now What by Cathy Clough & Linda Pouliot

It happened and it hurts. You realize it, but you can't believe it yet. The tears start coming and you wonder if you'll ever be able to function normally again. Fortunately, the grief journey, like any other process in life, can be learned. Even though it doesn't feel like it right now, The 5 needs of every healing is possible. Together we will explore: How to deal with: normal grief guilt, normal grief anger, and griever. Sorting, normal grief depression and the 'dumb' things people say. The saving and purging your loved one's belongings without regret. Importance of having a plan for holidays, special days and what it means to create a 'New Normal.' anniversary of the death. How to navigate the path of grief, with all of its pitfalls and potholes, twists and turns, all the way to the destination of healing, acceptance and new beginnings.

Grieving: How to Go on Living When Someone You Love Dies by Therese A. Rando, Ph.D.

Mourning the death of a loved one is a process all of us will go through at one time or another. But wherever the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person's response to loss will be different. Now, in this compassionate, comprehensive guide, Therese A. Rando, Ph.D., bereavement specialist and author of *Loss And Anticipatory Grief*, leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.

Guiding Your Child through Grief by James P. Emswiler and Mary Ann Emswiler

Guiding Your Child through Grief, by the founders of the New England Center for Loss & Transition and The Cove, a highly praised program for grieving children, takes away the uncertainty and helpless feelings we commonly feel as we reach out to children who mourn. This caring and compassionate guide offers expert advice during difficult days to help a child grieve the death of a parent or sibling. Based on their experience as counselors--and as parents of grieving children--the authors help readers to understand:

The many ways children grieve, often in secret; Changes in family dynamics after death--and straightforward, effective ways to ease the transition; Ways to communicate with children about death and grief; How to cope with the intense sorrow triggered by holidays; The signs grief has turned to depression--and where to find help; And more insights, information, and advice that can help a child heal.

Healing a Child's Grieving Heart: 100 Practical Ideas by Alan D. Wolfelt

A compassionate resource for friends, parents, relatives, teachers, volunteers, and caregivers, this series offers suggestions to help the grieving cope with the loss of a loved one. Often people do not know what to say—or what *not* to say—to someone they know who is mourning; this series teaches that the most important thing a person can do is listen, have compassion, be there for support, and do something helpful. This volume addresses what to expect from grieving young people, and how to provide safe outlets for children to express emotion. Included in each book are tested, sensitive ideas for “carpe diem” actions that people can take right this minute—while still remaining supportive and honoring the mourner’s loss.

Healing After Loss: Daily Meditations for Working through Grief by Martha Whitmore Hickman

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

Healing the Adult Child's Grieving Heart: 100 Practical Ideas by Alan D. Wolfelt

Offering heartfelt and simple advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language, but provides small, immediate ways to understand and reconcile grief. Some of the action-oriented tips include writing down memories, completing a task or goal left unfinished by your deceased parent, or honoring the parent's birthday. In addition the common challenges that face grieving adult children, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed clearly and concisely.

Healing the Bereaved Child by Alan D. Wolfelt, Ph.D.

This comprehensive guide to helping grieving children offers a holistic view of grief as a normal, natural process. It explores the ways in which bereaved children can not only heal but also grow through their grief, and provides the six needs of mourning and counseling fundamentals and techniques for caregivers. Also included are explorations of how a grieving child thinks, feels, and mourns; what makes each child’s grief unique; and ideas to help grieving adolescents.

Helping Children Grieve and Grow by Donna O'Toole

A booklet about children and grief. Topics include: how to understand the impact of loss and grief on children, how children & adults grieve differently, things adults can say and do that help, how to talk with children about death, special concerns and vulnerabilities of grieving children and what can be done, what helps children bounce back, and how to know when help is needed-where and how to find Help.

Helping Teens Cope with Death by The Dougy Center for Grieving Children

This practical guide covers the unique grief responses of teenagers and the specific challenges they face when grieving a death. You will learn how death impacts teenagers and ways that you can help them. The book also offers advice from parents and caregivers of bereaved teens on how to support adolescents and how to determine when professional help is needed.

Helping Teens Work through Grief by Mary Kelly Perschy

Helping Teens Work through Grief provides a complete manual for facilitators of teen grief groups. It includes additional background information about developmental aspects of teens, the process of grief, aspects of trauma and its effects on teens, the value of a group, determining the group-appropriateness of particular teens, and parental involvement. The many details involved with beginning a group - publicity, interviews, registration, structure, closure, evaluation, and follow-up - are listed.

Help Your Marriage Survive the Death of a Child by Paul C. Posenblatt

Many parents who have experienced the death of a child struggle with painful and at times overwhelming marital problems. Grieving can create great marital distance, and it can magnify those problems that existed before the child's death. Grieving parents often fear that divorce is a real possibility. This book can help. Based on intensive interviews of 29 couples who experienced the death of a child, this book offers perspectives and advice on common marital problems experienced by bereaved parents. Each couple's problems are unique, but often the problems are connected to couple communication, sexuality, parenting of other children, the use of alcohol and drugs, blaming, and differences in such areas as whether to have another child, how to grieve, how to talk about the child who died, whether to go outside the marriage for support, and what to do with things and spaces that were the child's. Although the book deals with pain and marital distress, it offers a message of hope. Grieving parents can and do get through the hard times, based on respect for differences, mutual understanding, and shared history.

How Do We Tell the Children?

Dr. Daniel Schaefer, working with child psychologists and trauma experts, and drawing on more than three decades of experience with families in crisis, has written a practical guide for anyone who works or lives with children—parents, caregivers, counselors, or teachers—to respond to their inevitable questions about loss and change, life and death. He provides strategies to assist children with grief and trauma and offers time-tested advice and language that children can understand.

How to Cope With the Death of a Partner by Judy Schreiber-Mosher

How To Cope with the Death of a Partner addresses every area of concern that can and does surface after the death of a mate. The author gives sound, practical advice in this easy to read book which is organized in clear chapters which include checklists that give the reader the opportunity to follow the necessary steps towards getting his/her life in some sort of order.

I'm Grieving as Fast as I Can: How Young Widows and Widowers Can Cope and Heal by Linda Feinberg

A guide for young widows and widowers through the normal grieving process that highlights the special circumstances of an untimely death. Young widows and widowers share thoughts and dilemmas about losing a loved one, what to tell young children experiencing a parent's death, returning to work and dealing with in-laws.

Journeying through Grief Series by Kenneth C. Haugk

Book 1: A Time to Grieve

This book is designed to be sent three weeks after the death of a loved one, so it arrives just before the one-month anniversary of the loss--right around the time when the casserole dishes have been returned, the phone calls and visits have tapered off, and the painful reality of the loss is setting in.

No Time to Say Goodbye: Surviving the Suicide of a Loved One by Carla Fine

The author speaks frankly about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. Fine draws on her own experience and on conversations with many other survivors--as well as on the knowledge of counselors and mental health professionals. She offers a strong helping hand and invaluable guidance to the vast numbers of family and friends who are left behind by the more than thirty thousand people who commit suicide each year, struggling to make sense of an act that seems to them senseless, and to pick up the pieces of their own shattered lives. And, perhaps most important, for the first time in any book, she allows survivors to see that they are not alone in their feelings of grief and despair.

On Children and Death by Elisabeth Kubler-Ross

Based on a decade of working with dying children, this compassionate book offers the families of dead and dying children the help -- and hope -- they need to survive. In warm, simple language, Dr. Kübler-Ross speaks directly to the fears, doubts, anger, confusion, and anguish of parents confronting the terminal illness or sudden death of a child.

Option B: Facing Adversity, Building Resilience, and Finding Joy by Pat Thomas & Leslie Harker

After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. "I was in 'the void,'" she writes, "a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe." Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build. *Option B* combines Sheryl's personal insights with Adam's eye-opening research on finding strength in the face of adversity. Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym floor, Sheryl opens up her heart—and her journal—to describe the acute grief and isolation she felt in the wake of his death. But *Option B* goes beyond Sheryl's loss to explore how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters, and the violence of war. Their stories reveal the capacity of the human spirit to persevere . . . and to rediscover joy. Resilience comes from deep within us and from support outside us. Even after the most devastating events, it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives. *Option B* illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces. Many of these lessons can be applied to everyday struggles, allowing us to brave whatever lies ahead. Two weeks after losing her husband, Sheryl was preparing for a father-child activity. "I want Dave," she cried. Her friend replied, "Option A is not available," and then promised to help her make the most of Option B. We all live some form of Option B. This book will help us all make the most of it.

Rich in Years: Finding Peace and Purpose in a Long Life by Johann Christoph Arnold

Johann Christoph Arnold offers answers to the question: Why shouldn't growing older be rewarding? Arnold, whose books have helped over a million readers through life's challenges, shows us the spiritual riches that age has to offer. Now in his seventies, Arnold finds himself personally facing the challenges of aging with grace. *Rich in Years* covers the significant topics facing the aging, the elderly, and their family and caregivers: accepting changes, combatting loneliness, and continuing on with purpose and hope. Going beyond mere inspiration, Arnold does not shy away from such difficult topics as coping with dementia, the prospect of dying, and enduring with dignity. Through faith and a true spirituality, he says, we can find acceptance and serenity.

Sunrise Tomorrow by Elizabeth B. Brown

Sunrise Tomorrow offers biblical comfort and compassionate advice for those who are grief stricken and brokenhearted. In these pages, Elizabeth B. Brown identifies her family's passages through the stages of grief to gradual healing and acceptance. The author gives you much-needed counsel for strengthening your marriage and preventing permanent damage to your family relationship. Furthermore, she provides practical guidelines to friends and family, along with suggestions for those who counsel the bereaved on a professional level. Two appendices give specific ideas about what to do before and after the funeral.

Talking to Your Kids in Tough Times

A sensitive and practical primer for parents challenged with the daunting task of raising their children with love, honesty, and confidence in today's turbulent world.

The Death of a Parent by Delle Chatman

Adult children, regardless of whether they are in their twenties or sixties or somewhere in between, often need to do much more than make the funeral arrangements. Intertwined with the grief process are many personal concerns that surface and need to be addressed. Whether the adult child was quite close to the deceased parent or rather distant, whether the parent's death was sudden or came after a long illness, many powerful feelings and memories arise when a parent dies. Adult children must deal with the immediate loss plus unresolved issues from the past, the new shape of their family, the reality of their own identity and mortality, and the relevance of religious beliefs and values. This book is filled with stories of people who have lost a parent and how they dealt with the reality of the event. Eighteen stories divided into eight sections touch on a wide range of emotions and situations related to grief, loss and moving on with one's own life in a healthy manner. A spiritual reflection concludes each section.

The Death of a Wife by Robert L. Vogt

Death creates a void, but no loss can compare with the death of a spouse. When his wife dies, a grieving husband faces the challenge of rebuilding his life-alone. Friends, neighbors, relatives-even his own children-can offer support and encouragement, but can never replace the bond that existed between husband and wife. A collection of reflections and meditations that will touch the heart and point out new and hopeful directions for a grieving husband.

The Grieving Child: A parent's guide by Helen Fitzgerald

Explaining death to a child is one of the most difficult tasks a parent or other relative can face. *The Grieving Child* offers practical, compassionate advice for helping a child cope with the death of a parent or other loved one. Parents of children from preschool age to the teen years will find much-needed guidance, covering: helping a child visit the seriously ill or dying, using language appropriate to a child's age level, selecting useful books about death, handling especially difficult situations, including murder and suicide, deciding whether a child should attend a funeral

The Last Dance: Encountering Death & Dying by Lynne Ann DeSpelder & Albert Lee Strickland

The Last Dance offers an interdisciplinary approach to the study of death and dying. Integrating the experiential, scholarly, social, individual, emotional, and intellectual dimensions of death and dying, this acclaimed text provides solid grounding in theory and research, as well as practical application to students' lives. The ninth edition has been updated to offer cutting-edge and comprehensive coverage of death studies.

The Year of Magical Thinking by Joan Didion

From one of America's iconic writers, a stunning book of electric honesty and passion. Joan Didion explores an intensely personal yet universal experience: a portrait of a marriage--and a life, in good times and bad--that will speak to anyone who has ever loved a husband or wife or child.

When A Man Faces Grief: 12 Practical Ideas to Help You Heal From Loss / a Man You Know Is Grieving: 12 Ideas for Helping Him Heal From Loss by James E. Miller and Thomas R. Golden

Two books in one. One half is for men who are grieving, with 12 helpful suggestions, each a chapter by itself. The other half is for those who want to understand and help men who are grieving, also in twelve short, helpful chapters.

When Kids Are Grieving: Addressing Grief and Loss in School by Donna M. Burns

This primer helps educators understand and respond appropriately to students' unique expressions of grief, facilitate effective interventions, and determine when to refer a child to a specialist

Why Forgive? By Johann Christoph Arnold

Brings together incredible true stories of ordinary people scarred by violence who refused to let hatred control their lives. Together they create an irrefutable testimony to the power of forgiveness, one that will challenge, inspire, and encourage others wherever they are on the road to healing.