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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.

A Different Season: A Practical Guide for Growth While Grieving a Death by Joseph Robert Pfeiffer

A Different Season is about hope and healing. In a succinct manner, grief work is addressed to help those mourning, understand some characteristics of grieving. Grief is very personal yet shares some common universal characteristics. This book provides practical advice to help individuals in their grief work. Since spirituality for many people is central to their emotional well-being, the book includes inclusive meditations based on the Psalms. *A Different Season* is not like the four seasons in nature we have experienced; it does not follow the logical sequence as we know it. The chapters beginning with Wintertime, have been intentionally rearranged to reflect the way many people feel and act during their grief journey. Life's course is very much changed when loss occurs. Benefits from the book include brief, specific information that is easy to understand, A deeper understanding of grief work, Practical strategies to help deal with pain, Meditations to comfort the spirit, A self-assessment inventory to chart progress.

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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.

A Handbook for Widows by Rose Rubin

This book presents you with practical, positive, and constructive ways to handle yourself and your affairs after the death of your spouse. It will aid you in finding the help you now need to make new decisions and to face the enormous task of developing a new lifestyle.

After Suicide by John Hewett 13.69

This constructive guide offers much-needed information and clinically tested advice for those struggling to cope in the aftermath of a suicide. Written in clear language, this book presents the facts and demonstrates how to deal with feelings of guilt, anger, bewilderment, and shame. Also included is an anniversary memorial service that enables family members to recommit themselves to life.

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.

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.

Anxiety: The Missing Stage of Grief: A Revolutionary Approach to Understanding and Healing the Impact of Loss by Claire Bidwell Smith

Significant loss and unresolved grief are primary underpinnings of anxiety, something that grief expert Claire Bidwell Smith discovered in her own life and in her practice with her therapy clients. Now, using research and real-life stories, Smith breaks down the physiology of anxiety, giving you a concrete foundation of understanding in order to help you heal. Starting with the basics of What Is Anxiety? and What Is Grief? and moving to concrete approaches such as Making Amends, Taking Charge, and Retraining Your Brain. Anxiety takes a big step beyond Elisabeth Kübler-Ross's widely accepted five stages to unpack everything from our age-old fears about mortality to the bare vulnerability a loss can make us feel. With concrete tools and coping strategies for panic attacks, getting a handle on anxious thoughts, and more, Smith bridges these two emotions in a way that is deeply empathetic and eminently practical.

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Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief by Joanne Cacciatore, PhD

Organized into fifty-two short chapters, Bearing the Unbearable is a companion for life's most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity. Dr. Joanne Cacciatore—bereavement educator, researcher, Zen priest, and leading counselor in the field—accompanies us along the heartbreaking path of love, loss, and grief. Through moving stories of her encounters with grief over decades of supporting individuals, families, and communities—as well as her own experience with loss—Cacciatore opens a space to process, integrate, and deeply honor our grief.

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

Catching Your Breathe in Grief... and grace will lead you home by Thomas Attig

Thomas Attig captures the best of what he has learned in over 40 years of reflection on loss and grief. He reflects on aspects of a universal story whose themes thread through the world's great spiritual and religious traditions, even as they weave through our own lives, link us in our common humanity, and shape our uniqueness: First, the story tells of how we breathe into life, learning to live in the world and in ties with loved ones in ways we may easily take for granted. Next, of how the loss of someone we love takes our breath away as brokenness and sorrow come over us. And then, of how we can catch our breath as we listen to our sorrow, draw upon hope and resilience, relearn how to live in the world, and learn to love in separation.

Children Die Too by Joy Johnson

This is one of the first grief books. It is for newly bereaved parents needing general grief information. Includes: Feelings, Your Other Children, Grandparents, Friends, Single Parents and Stepparents, Taking Care of Yourself, and Searching.

Comfort for Grieving Hearts: Hope and Encouragement for Times of Loss by Gary Roe

In Comfort for Grieving Hearts, you will find peace and comfort in Processing complicated grief emotions (sadness, anger, guilt, confusion, guilt, anxiety, depression, feeling overwhelmed, etc.). Navigating feeling alone, misunderstood, isolated, and even rejected by those around you. Handling the increased stress and uncertainty that heavy loss can bring. Dealing with physical and mental health issues, illnesses, and new symptoms that often arise. Taking care of yourself through diet, hydration, fitness, and rest. Thinking through the challenging spiritual and faith questions that frequently surface. Relating well to the people around you - those who are helpful and those who aren't. Overcoming the tendency to run from emotional pain with unhealthy habits or compulsive behaviors. Finding the support you need for survival, recovery, and healing (safe people, fellow grievers, counseling, etc.). Developing a simple, realistic plan for birthdays, anniversaries, and holidays. Using your grief for good - for yourself, your family, and others. Allowing this loss to give you greater perspective and motivate you to live more effectively than ever before. Making your life count, one day, one moment at a time.

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.

Dear Parents: Letters to Bereaved Parents by Centering Corporation

A collection of letters to bereaved parents written by bereaved parents and well-known leaders in the bereavement field. This is a support group in book form. Makes a wonderful gift to newly bereaved families.

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

This book fills a critical gap in our scientific understanding of the grief response of parents who have lost a child to traumatic death and the psychotherapeutic strategies that best facilitate healing. It is based on the results of the largest study ever conducted of parents surviving a child's traumatic death or suicide. The book was conceived by William and Beverly Feigelman following their own devastating loss of a son, and written from the perspective of their experiences as both suicide-survivor support group participants and facilitators. It intertwines data, insight, and critical learning gathered from research with the voices of the 575 survivors who participated in the study. 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

Phyllis Kosminsky offers the reader the missing pieces and makes sense out of a senseless time. This wonderful book is not only for the bereaved, but for anyone who works with the bereaved, including clergy, hospice personnel, funeral directors, and of course, all therapists. It provides an exceptional description of the challenges that often accompany the loss of a loved one, and, more importantly, offers many resources for moving through complicated grief.

Good Grief by Granger E. Westberg

Good Grief identifies ten stages of grief--shock, emotion, depression, physical distress, panic, guilt, anger, resistance, hope, and acceptance but, recognizing that grief is complex and deeply personal, defines no "right" way to grieve. Good Grief offers valuable insights on the emotional and physical responses persons may experience during the natural process of grieving. The anniversary gift edition includes space for readers to record thoughts about their personal experience with grief.

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.

Grief Day by Day: Simple Practices and Daily Guidance for Living with Loss by Jan Warner

Grief is complex. It is ever changing and may come to us differently on any given day. Grief Day by Day offers reflections and practices that address the day-to-day feelings that accompany the ever-changing process of grief. In Grief Day by Day, Jan Warner draws on her own extensive experience and the experiences of the 2 million followers on her Grief Speaks Out Facebook page to offer hope in its most practical form. This book does not look to offer a solution to grief. Rather, it provides supportive, useful guidance to help you create a life in which peace, and even gratitude, can coexist with your grief. Inside the pages of Grief Day by Day you'll find: 365 Daily Reflections that include quotes, meditations, and other musings on grief; Weekly Themes that capture common feelings and experiences such as: Loneliness, Things Left Unsaid, Unhealthy Coping Mechanisms, Guilt, and Intimacy; 52 Healing Exercises that help you process your feelings at the end of each week and develop skills for coping with grief as it arises

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: Embracing Life Beyond Loss by Susan Duke

After the tragic death of her teenage son, Susan Duke experienced the painfully dark and unfamiliar valley of grief. GRIEVING FORWARD is the journey of a grieving parent, which combines Susan's personal story with insight to help any grieving parent. It is filled with well-written and powerful statements of comfort and hope. "It's hard to see God's perspective when your heart has been plowed by pain," Susan writes. "But broken fields are where seeds of hope grow best." Though she still copes with loss, Susan also lives with incredible joy. To all who grieve desperately, she assures: Hope is alive. Healing will triumph. This book is a deeply personal and compassionate guide in which Susan shares the insights she has gleaned on her 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 are 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.

Grieving the Child I Never Knew by Kathe Wunnenberg

This devotional collection will help those mothers grieve honestly and well. With seasoned insights and gentle questions, it invites the reader to present her hurts before God, and to receive over time the healing that He alone can – and will – provide.

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 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. Wolfelts

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.

Heart Works: A Father's Grief by Jerre Petersen

Heart Works: A Father's Grief is a book for everyone who has ever loved. This is a book about the beauty of life. Across the pages of this book, a father makes a courageous effort to put into print his deepest feeling regarding life. Heart Works explores the paralyzing depths of grief, the awesome power of love and the incredible light of hope. The newly bereaved, unable to concentrate, can pick this book up, read a page, or simply gaze at the photographs and feel a connection with their own emotions. People who have swallowed their grief for years can use this book as a tool to open themselves up and allow the grief to start lifting. Those who have not yet experienced a death, yet have sadness due to a divorce, relationship breakup, or loss of a job will find solace by the words in Hearts Works. All who read this book will be reminded of the fragility of life, and be encouraged to love more, show more patience, and slow down to enjoy the beauty of this world. Whether you are a man or a woman, you will refer to this book throughout your lifetime.

Heartbroken: Healing from the Loss of a Spouse by Gary Roe

Bestselling author, hospice chaplain and grief specialist Gary Roe has walked with hundreds of spouses through this painful valley. From their stories he has composed this incredibly practical work that will touch your heart and comfort your soul. In this deeply personal, easy-to-read book, you will learn the following: How to better manage the up and down, roller-coaster emotions of grief. How to manage being misunderstood and navigate all the relationship changes that occur with the loss of a mate. How to think about and face the future with hope. As you read, you will discover that you are far from alone, you are not crazy, and that you will make it through this. The loss of a husband or wife is traumatic. Healing from loss is challenging. Open this book, and let the healing continue.

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.

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 teens, and parental involvement. The many details involved with beginning a group - publicity, interviews, registration, structure, closure, evaluation, and follow-up - are listed.

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 Wasn't Ready to Say Goodbye by Brook Noel & Pamela D. Blair, PhD

Each year about eight million Americans suffer the unexpected death of a loved one. For those who face the challenges of sudden death, the classic guide *I Wasn't Ready to Say Goodbye* offers a comforting hand to hold, written by two authors who have experienced it firsthand.

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.

It's OK that You're Not OK by Megan Devine

Through stories, research, life tips, and creative and mindfulness-based practices, Megan Devine offers a unique guide through an experience we all must face---in our personal lives, in the lives of those we love, and in the wider world.

It's Okay to Laugh (Crying is Cool Too): A Memoir by Nora McInerney

Terrible, thanks for asking. That's how it feels to be a widowed mother at age thirty-one. But before Nora McInerney started the Hot Young Widows Club, she bounced from boyfriend to dopey "boyfriend" until she met Aaron—a funny and charismatic art director and comic-book nerd. When Aaron was diagnosed with a rare form of brain cancer, they refused to let it limit their love. They got engaged on Aaron's hospital bed, had a baby boy while he was on chemo, and packed a lifetime of marriage into three short years. All too soon, Aaron died in Nora's arms. The obituary they wrote while in hospice touched the nation (and revealed his true Spider-Man identity). With *It's Okay to Laugh*, Nora puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your "one wild and precious life" to the fullest? This book is for people who have been through some shtuff. This is for people who aren't sure if they're saying or doing the right thing (you're not, but nobody is). This is for people who had their life turned upside down and just learned to live that way. For people who have laughed at a funeral or cried in a grocery store. This is for everyone who wondered what exactly they're supposed to be doing with their one wild and precious life. I don't actually have the answer, but if you find out, will you text me?

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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.

Journeying through Grief Series Book 2: Experiencing Grief

Journeying through Grief Series Book 3: Find Hope and Healing

Journeying through Grief Series Book 4: Rebuilding and Remembering

Life After Suicide: Finding Courage, Comfort & Community After Unthinkable Loss by Jennifer Ashton, MD

From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace.

Modern Loss: Candid Conversation about Grief. Beginners Welcome. by Rebecca Soffer

Inspired by the website that the New York Times hailed as "redefining mourning," this book is a fresh and irreverent examination into navigating grief and resilience in the age of social media, offering comfort and community for coping with the mess of loss through candid original essays from a variety of voices, accompanied by gorgeous two-color illustrations and wry infographics.

Motherless Daughters: The Legacy of Loss by Hope Edelman

Although a mother's mortality is inevitable no book has discussed the profound lasting and far-reaching effects of this loss until *Motherless Daughters*, which became an instant classic. More than twenty years later, it is still the go-to book that women of all ages look to for comfort, help, and understanding when their mother dies. Building on interviews with hundreds of mother loss survivors, Edelman's personal story of losing her mother, and recent research in grief and psychology, *Motherless Daughters* reveals the shared experiences and core identity issues of motherless women:

- Why the absence of a nurturing hand shapes a woman's identity throughout her lifespan
- How present day relationships are defined by past losses
- How a woman can resolve past conflicts and move toward acceptance and healing
- Why grief really is not a linear passage but an ongoing cyclical journey
- How the legacy of mother loss shifts with the passage of time

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Moving Through Grief: Proven Techniques for Finding Your Way After Any Loss by Gretchen Kubacki

Coping with loss is difficult, but that doesn't mean you have to suffer alone. Based on the proven-effective acceptance and commitment therapy (ACT) treatment, *Moving Through Grief* provides simple and effective techniques to help you get unstuck and start living a rich and fulfilling life again, loss and all. ACT is all about embracing what hurts and committing to actions that will improve and enrich your life. Whether you're dealing with the loss of a loved one, your health, home, or even career, *Moving Through Grief* provides you with creative exercises that will help you work through your pain and reconnect with the things you love. Rediscover positive feelings—Learn how you can show up for your life and experience joy and satisfaction again, even as you work through the pain of your loss.

Grief recovery toolbox—Discover how the six tools of ACT—values, committed action, acceptance, being present, cognitive defusion, and self-as-context—can ease your pain and aid with the healing process.

Easy-to-use advice—Make real progress towards feeling like yourself again with straightforward exercises, like identifying your values and setting realistic goals.

My Son...My Son...: A Guide to Healing After Death, Loss, or Suicide by Iris Bolton

At bottom, life and death are our greatest teachers--if we shall but listen. Iris Bolton's personal story of her son's suicide is a deeply moving, poignant one. It is a story of both a devastating tragedy and an exquisite triumph--and the agonizing, relentless, conflicted process connecting these two oppositional pulls. We in our Western, ultra-scientific and technological society are just beginning to discover that death, from the beginnings of time, has always been present. Life and death are inextricably bound together in the process of living. All of us have known this all the time, but we have pretended that we didn't know what we knew.

No Happy Endings: A Memoir by Nora McInerny

No Happy Endings is a book for people living life after life has fallen apart. It's a book for people who know that they're moving forward, not moving on. It's a book for people who know life isn't always happy, but it isn't the end: there will be unimaginable joy and incomprehensible tragedy. As Nora reminds us, there will be no happy endings—but there will be new beginnings. In *No Happy Endings*, Nora offers a tragicomic exploration of the tension between finding happiness and holding space for the unhappy experiences that have shaped us.

Adult

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.

Please Be Patient: I'm Grieving: How to Care for and Support the Grieving Heart by Gary Roe

This practical and easy-to-read book provides the answers you need to make a difference - in your own life and in the lives of others. Bestselling author, hospice chaplain, and grief specialist Gary Roe gives you a look at the grieving heart – the thoughts, emotions, and struggles within. If you're wanting to help someone who's grieving, you'll get a glimpse of what's going on inside them and be better able to love and support them. If you're in the midst of grief and loss, you'll see yourself as you read, and be encouraged that you aren't as weird or crazy as you thought.

In *Please Be Patient, I'm Grieving*, you will learn...

- How hurting, grieving people are feeling and thinking.
- How to discover what they need and don't need.
- What to say and not to say.
- How to be a help and not a hindrance in the grieving process.
- How the grief and pain of others can affect you.
- How helping others stimulates your own personal growth and healing.
- How these skills can enhance all your relationships.

Healing from loss is challenging. This book can help you develop a priceless ability– how to hear the heart of someone who's hurting. The benefits for them, and for you, can be staggering.

Processing Through Grief: Guided Exercises to Understand Your Emotions and Recover from Loss by Stephanie Jose

Grieving is a highly personal experience and reactions differ from person to person. Feelings of loss are arguably the most unique, confusing feelings with which to cope. Therapist and grief expert, Stephanie Jose, understands this. She wrote *Progressing Through Grief* as an interactive resource to gently meet you wherever you are today, as you move through your grief and towards healing. Stephanie has spent countless hours working with grieving clients, and she saw the need for a resource that would address the various feelings of grief that occur at any stage of the process. Twenty years ago, Stephanie Jose became well acquainted with grief when she suddenly lost her friend. She has experienced first-hand many of the same feelings as her patients. *Progressing Through Grief* provides practical methods for coping with immediate feelings of loss, as well as the difficult emotions that can persist over time. *Progressing Through Grief* is divided into three sections, each focusing on key factors that create a powerful process for healing: Understanding why grieving is important, and how grief affects your body Identifying complicated feelings and learning skills for coping with them. Designed to be a companion as you courageously confront and process your feelings, *Progressing Through Grief* is intended to help you progress through your grief and into healing.

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 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.

Saying Goodbye Facing the Loss of a Loved One by Cecil Murphey and Gary Roe

Facing the imminent death of a loved one can be a difficult and oftentimes painful experience. To help, well-known author Cecil Murphey and hospice chaplain Gary Roe share what they've learned from their personal and professional grief and healing experiences: how to forgive past mistakes--both one's own and the loved one's--affirm the life of the one passing and give that one permission to let go of this life.

Adult

Shattered: Surviving the Loss of a Child by Gary Roe

Bestselling author, hospice chaplain, and grief specialist Gary Roe uses his three decades of experience interacting with grieving parents to give us this heartfelt, easy-to-read, and intensely practical book. In *Shattered*, Roe walks the reader through the powerful impact a child's death can have - emotionally, mentally, physically, relationally, and spiritually. Yes, the loss of a child affects everything. In *Shattered*, you will discover how to manage the massive changes that are occurring in your life: take care of yourself during this process, honor your child with your grief, love those around you, even with a broken heart, live life as well as possible while in the midst of great pain, make your child's life count in deep and powerful ways, *shattered* is not a magic pill. The death of a child cannot be fixed. But comfort, compassion, guidance, and hope can be found in these pages.

Speaking in Tears: The Poetry in Grief by Grace Andren

Become immersed in the raw emotions of Grace's poetry as she explores: Loss, Pain, Anger, Sorrow, Depression, Hope and a Mother's Love on the devastating journey from Grief and Depression to Peace and Acceptance after the unfathomable loss of her young daughter. No parent should have to mourn their child and yet, it happens every single day. *Speaking in Tears* explores a vast array of emotions and is the perfect book and gift for anyone experiencing loss.

Suicide of a Child by Adina Wroblewski

For parents whose child has completed suicide. Goes into detail about victimization, social stigma, guilt, anger, history, and recovery. "The main thing for you to remember is: You are not to blame for the death of your child. The decision for death has to belong to your child, not you."

Sunrise Tomorrow by Elizabeth B. Brown

This is an especially helpful book because it introduces a variety of grief-related topics - how husbands and wives grieve differently, how to help surviving siblings, what to expect and practical ways to cope. How to overcome depression, as the book helps a person understand that there is always a sunrise, even in your life.

Swallowed by a Snake: The Gift of the Masculine Side of Healing by Thomas R. Golden

Swallowed by a Snake is a book for men and women about the masculine side of healing from loss. Discover new and powerful ways to heal. How the genders differ in their healing. Greater understanding between partners. Examples of successful transformation of loss. New ways to understand your grief. Ways the individual's loss can impact the entire family. Swallowed by a Snake is meant to be a map and a guide through the experience of loss. It will help you move through the pain of loss and into a place of healing and transformation.

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.

Tears in My Heart by Marty Hogan

A guide to help family and friends understand how children and teens cope with grief and loss. Grief is a normal and natural response to the death of a loved one. Children and teens, however, experience and express grief differently than adults do. "Tears In My Heart " discusses difficult feelings, developmental beliefs, and concepts unique to child and teen grief and, importantly, tells you what you can do to help and when you should seek professional advice.

The Alphabet of Grief: Words to Help in Times of Sorrow by Andrea Raynor

Chaplain and spiritual counselor Andrea Raynor knows that when the funeral service is over, the friends leave, and the house grows quiet, grief can be overwhelming. In The Alphabet of Grief, she uses the letters of the alphabet as starting points for simple reflections on loss and hope. Each chapter concludes with a meditation and an affirmation—something to do and something to believe.

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 die. 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 Journey Through Grief by Alan Wolfelt

This spiritual companion for mourners affirms their need to mourn and invites them to journey through their very unique and personal grief. Detailed are the six needs that all mourners must yield to and eventually embrace if they are to go on to find continued meaning in life and living, including the need to remember the deceased loved one and the need for support from others. Short explanations of each mourning need are followed by brief, spiritual passages that, when read slowly and reflectively, help mourners work through their unique thoughts and feelings.

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.

Things I Wish I Knew Before My Mom Died: Coping with Loss Every Day by Ty Alexander

Ty Alexander of *Gorgeous in Grey* is one of the top bloggers today. She has a tremendous personal connection with her readers. This is never more apparent than when she speaks about her mother. The pain of loss is universal. Yet, we all grieve differently. For Alexander, the grieving process is one that she lives with day-to-day. Learning from her pain, Alexander connects with her readers on a deeply emotional level in her debut book, *Things I Wish I Knew before My Mom Died: Coping with Loss Every Day*. From grief counseling to sharing insightful true stories, Alexander offers comfort, reassurance, and hope in the face of sorrow.

This Too Shall Pass, Keeping Faith During Tough Times by June Eaton

This Too Shall Pass; Keeping Faith During Hard Times is a collection of heartfelt stories told by real people who have lived through difficult and trying times. Their stories share how they endured pain and sorrow, the lessons they learned, and how they found the faith and courage to carry forth. Biblical passages, inspirational quotations, prayers, and devotionals in the book provide additional guidance for the Christian reader.

Welcome to the Grief Club: Because You Don't Have to go Through it Alone by Janine Kwok

Welcome to the Grief Club is a book of solace, connection, hope, and reassurance. It addresses with empathy and honesty the aspects of grief that so many of us experience but that aren't widely discussed: the variety and volatility of emotions—sadness, anger, guilt, joy; the physical symptoms of grief; and how grief isn't linear, but it does change and soften over time. It affirms that there is truly no right or wrong way to grieve and assures us that the things we feel that surprise us or seem strange are often common and always valid.

Humor helps us to survive, and the book uses a lighthearted approach to cover powerful topics, like supremely unhelpful things that people say to those who are grieving, grief trigger bingo, and everyday acts of resilience. This book is a companion that says, *I see you and you are not alone*, from one grieving person to another. It is a gentle reminder to give yourself permission to grieve for as long as—and in whichever ways—you need.

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

When the Bough Breaks: Forever After the Death of a Son or Daughter by Judith R. Bernstein, Ph. D

Author Judith R. Bernstein, Ph.D., speaks from the dual perspectives of bereaved parent and psychologist. She weaves keen psychological insight with the voices of parents to achieve an intelligent volume that is at once heartbreaking and heartwarming. The wisdom of her science and her heart combine to result in a book that teaches the psychology of bereavement with profound tenderness.

When Will I Stop Hurting: Dealing with a Recent Death by June Cerza Kolf

"When Will I Stop Hurting" has received praise from readers grateful for June Cerza Kolf's understanding and beneficial guidance. With almost 70,000 copies in print, this small but powerful book has been a boon to many wounded souls. Readers have found in Kolf a gentle guide to lead them through the stages of grief and eventually the healing process. This new edition of her book is revised and updated and includes a study guide ideal for bereavement groups.

When You Lose Someone You Love by Randy Petersen

This book deals with the topic of loss with compassion and grace, guiding people as they work through grief. The book is divided into sections to help people deal with the different emotions they are going through during grief, including uncertainty, deep sorrow, loneliness, growth, hope, etc. This book includes touching anecdotes, encouraging Bible verses, and comforting and heart-felt quotes.

When Your Soulmate Dies: A Guide to Healing Through Heroic Mourning by Alan D. Wolfelt, Ph.D.

You were one of the lucky ones. You found a partner or friend with whom you shared a deeply profound connection. You understood, opened fully to, served, and challenged one another. You were the heroes of each other's lives. You lived a grand adventure together. But now that your partner has died, what felt like luck may have turned to wretched despair. How do you go on? How do you live without your champion and other half? The answer is that you mourn as you loved: heroically, grandly, and fully. In this compassionate guide by one of the world's most beloved grief counselors, you'll find empathetic affirmation and advice intermingled with real-life stories from other halved soulmates. Learn to honor your loved one and your grief even as you find a path to a renewed life of purpose and joy. Adult

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.

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

In this remarkably useful guide, widow, author, and therapist Genevieve Davis Ginsburg offers fellow widows--as well as their family and friends--sage advice for coping with the loss of a husband. From learning to travel and eat alone to creating new routines to surviving the holidays and anniversaries that reopen emotional wounds, Ginsburg give guidance on Dealing with anger and guilt, maintaining family relationships, dating after widowhood, handling money, responding to others' support, and more.

You Are Not Alone: A Heartfelt Guide for Grief, Healing, and Hope by Debbie Augenthaler

You Are Not Alone takes readers into Debbie's personal journey of grief, from the first gripping chapter, when her husband dies unexpectedly in her arms. Throughout the book, Debbie takes readers by the hand and offers them gentle insights and suggestions for healing and hope, while sharing her powerful story of loss and the spiritual journey that led her to know love never dies.