

Hopeful Hearts Library List

Category: Middle/Teen

Healing Your Grieving Heart for Teens: 100 Practical Ideas by Alan D. Wolfelt, Ph.D.

With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that the living can begin their lives again.

Ages 10 and up

Help for the Hard Times: Getting Through Loss by Earl Hipp

Earl Hipp addresses loss from the perspective of the heart. He discusses young people's experiences with loss and helps them figure out ways to continue functioning after loss. You will provide students with tools to grieve and ways to keep their losses from becoming too overwhelming.

Ages 12 and up

How it feels When a Parent Dies by Jill Krentz

18 children from age 7 - 17, speak openly of their experiences and feelings. As they speak we see them in photos with their surviving parent and with other family members, in the midst of their everyday lives.

Ages 7 and up

Straight Talk about Death for Teenagers by Earl A. Grollman

About how to cope with the loss of someone you love

Ages 12 and up

The Grieving Teen: a guide for teenagers and their friends by Helen Fitzgerald

Although the circumstances surrounding a death are difficult to handle at any age, adolescence brings with it challenges and struggles that until now have been largely overlooked. But in this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives them the tools they need to work through their pain and grief.

Writing not only about but also for teenagers, Fitzgerald adeptly covers the entire range of situations in which teens may find themselves grieving a death, whether the cause was old age, terminal illness, school violence, or suicide. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life. Fitzgerald guides teens through everything from the sickbed to the funeral, from the first day back at school to the first anniversary of the death. Above all, she lets teens know that even in their darkest hour, they are not alone.

When a Friend Dies by Marilyn E. Gootman

The death of a friend is a wrenching event for anyone at any age. Teenagers especially need help coping with this painful loss. This sensitive book answers questions grieving teens often have.

Ages 10 and up

When Someone You Know Has Been Killed by Jay Schleifer

Discusses death and the fear of death, explains the emotions experienced when someone you know is killed, and gives strategies to cope with them.

Ages 11 and up