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## *Grief and Loss Bibliography*

The Chesapeake Life Center has compiled these resources in response to inquiries from clients, support group members, and the community who often ask, "Do you have a good book you recommend?" This list includes some of our favorites related to grief and bereavement, with recognition that each book will speak to each person in a unique way.

- ABC's of Healthy Grieving: A Light for a Dark Journey* **Harold Smith & Steven L. Jeffers**  
A-to-Z list of self-care strategies while one is grieving, helpful and easy to understand.
- ABC's of Healthy Grieving: A Companion for Everyday Coping* **Harold Smith**
- A Time to Grieve: Meditations for Healing after the Death of a Loved One* **Carol Staudacher**  
Involves retreating, working through and resolving grief.
- After the Darkest Hour: How Suffering Begins the Journey to Wisdom* **Kathleen A. Brehony**  
Thoughtful exploration of the wisdom and growth that comes from grief journey.
- After the Darkest Hour the Sun Will Shine Again:  
A Parent's Guide to Coping with the Loss of a Child* **Elizabeth Mehren**  
Includes short summaries of other famous people who have lost a child to death, such as Samuel Clemens, JFK, etc. Captures the magnitude of the loss.
- A Grief Like No Other: Surviving the Violent Death of Someone You Love* **Kathleen O'Hara**
- The Grief Recovery Handbook* **John W. James & Russell Friedman**  
Illustrates what grief is and how it is possible to recover and regain energy and spontaneity. Provides specific actions to complete the grieving process.
- Grieving the Loss of Someone You Love:  
Daily Mediations to Help You through the Grieving Process* **Raymond R. Misch & Lynn Brookside**
- Healing After Loss: Daily Meditations for Working through Grief* **Martha Whitmore Hickman**  
Daily meditations for working through grief with quotes, narratives; recovery and earth-based language.
- How to Go On Living When Someone You Love Dies* **Therese A. Rando**  
Suggestions for ways to deal with sudden and anticipated death. Offers self-help techniques and guidance to help you move into your new life without forgetting your treasured past.
- I Wasn't Ready to Say Goodbye:  
Surviving, Coping and Healing After the Death of a Loved One* **Brook Noel & Pamela D. Blair**

Wonderful book contains educational information about the grief process, encouragements, poems, etc., as well as specific information for various losses (loss of spouse, sibling, suicide, etc.).

*In Lieu of Flowers* Nancy Cobb  
Reflections on loss, and honestly facing the dying process.

*Living a Gentle, Passionate Life* Robert J. Wicks

*Living with Grief: A Guide for Your First Year of Grieving* Brook Noel & Pamela D. Blair  
A brief, yet compassionate, book with simple tips and advice for dealing with difficult times and seemingly overpowering emotions during the first year of grieving.

*My Grandfather's Blessings: Stories of Strength, Refuge and Belonging* Rachel Naomi Remen, M.D.

*No Time for Goodbyes: Coping with Sorrow, Anger and Injustice after a Tragic Death* Janice Lord  
A book for those grieving a death by suicide, homicide or sudden death

*Seven Choices: Finding Daylight after Loss Shatters Your World* Elizabeth Harper Neeld, Ph.D.  
An honest, practical book on traveling the journey of grief through all types of losses from a widower's firsthand experience.

*Touched by Suicide: Hope and Healing After Loss* Michael Myers & Carla Fine

*Transcending Loss: Understanding the Lifelong Impact of Grief and How to Make it Meaningful* Ashley Prend

*Widow to Widow: Thoughtful, Practical ideas for Rebuilding Your Life* Genevieve Davis Ginsburg  
Addresses secondary losses experienced after death of a husband.

### Bibliography - Loss of Child

*A Broken Heart Still Beats: After Your Child Dies* Anne McCracken & Mary Semel

*Beyond Tears: Living After Losing a Child, Revised Edition* Ellen Mitchell et al.

*Gone but Not Lost: Grieving the Death of a Child* David W. Wiersbe

*The Grieving Garden: Living with the Death of a Child* Suzanne Redfern

*Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies* Alan D. Wolfelt, Ph.D.

*Life After the Death of My Son: What I'm Learning* Dennis L. Apple

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

## Bibliography – Specifically for Men

- Swallowed by a Snake: The Gift of the Masculine Side of Healing* **Thomas R. Golden**
- When a Man Faces Grief/A Man You Know is Grieving* **Thomas Golden & James Miller**  
Practical ideas for men who are grieving (and ideas for those who love them).
- When Men Grieve: Why Men Grieve Differently and How You Can Help* **Elizabeth Levang**

## Bibliography – Parent Centered Loss

- How to Survive the Loss of a Parent: A Guide for Adults* **Lois F. Akner & Catherine Whitney**  
Explains why the loss of a parent is different from other losses and uses examples to show how to work through the grief.
- Living, Loving and Losing a Son* **Marilyn Rauth**  
Author writes from her experience as a mother grieving her son's death.
- Losing a Parent: Passage to a New Way of Living* **Alexandra Kennedy**  
Based on the author's personal experience, she writes on topics that lead to healing from a non-traditional perspective.
- Losing a Parent: A Personal Guide to Coping with That Special Grief That Comes With Losing a Parent* **Fiona Marshall**  
Offers comforting and inspiring advice for helping one cope with the different and difficult effects of loss. Also, includes a section on coping when your parent is terminally ill.
- Mid-life Orphan: Facing Life's Changes Now That Your Parents Are Gone* **Jane Brooks**  
Addresses the isolation and abandonment when a parent dies. Discusses how to cope and extract life lessons from the experience.
- Motherless Daughters: The Legacy of Loss* **Hope Edelman**  
Includes stories of women whose mothers have died and how the absence shaped their identity.
- When Parents Die: A Guide for Adults* **Edward Myers**  
Offers advice to adult sons and daughters coping with the death of a parent. Discusses the psychological responses to the death and how to cope.

## Bibliography – Pet Loss

- Goodbye Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet* **Gary Kowalski**
- The Pet Loss Companion: Healing Advice from Family Therapists Who Lead Pet Loss Groups* **Ken Dolan-Del Vecchio**
- Coping with Sorrow on the Loss of Your Pet* **Moira Anderson Allen, Ph.D.**

## Bibliography – Pregnancy Loss

- A Silent Sorrow: Pregnancy Loss* **Ingrid Kohn**
- Empty Cradle, Broken Heart, Revised Edition: Surviving the Death of Your Baby* **Deborah Davis**
- Unspeakable Losses: Healing from Miscarriage, Abortion and Other Pregnancy Loss* **Kim Kluger-Bell**

## Bibliography – Sibling Loss

- The Empty Room: Surviving the Loss of a Brother or Sister at Any Age* **Elizabeth DeVita-Raeburn**  
Written by the sister of the “boy in the bubble,” a nice mix of Elizabeth’s personal story and the stories of many people she interviewed about their own sibling losses.
- Sibling Grief: Healing After the Death of a Sister or Brother* **P.Gill White, Ph.D.**  
Provides a good general overview of how sibling grief carries its own unique distresses.

## Bibliography – Preparing for a Loss, Anticipatory Grief

- The Four Things that Matter Most* **Ira Byock, M.D.**  
Dr. Byock, international leader in palliative care, reminds us how we can honor each relationship every day through four simple phrases: “Please forgive me,” “I forgive you,” “Thank you,” and “I love you.”
- Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying* **Maggie Callahan & Patricia Kelley**  
Practical advice on responding to the requests of the dying and helping them prepare emotionally and spiritually for death.
- When Things Fall Apart* **Pema Chodron**  
Provides a straightforwardly profound explorations of pain and healing.
- Being Mortal* **Atul Gawande**  
Gawande, a practicing surgeon, addresses the limitations of medicine and importance of living to the end with autonomy, dignity, and joy.
- Final Conversations: Helping the Living and the Dying Talk to Each Other* **Maureen Keeley & Julie Yingling**  
Weaves direct quotations from real people's memories of final conversations, with advice and themes to help you determine what may work for you.
- Kitchen Table Wisdom: Stories that Heal* **Rachel Naomi Remen, M.D.**  
Dr. Remen uniquely shares vignettes of life and loss from her experiences as a physician, a professor of medicine, a therapist, and a long-time survivor of chronic illness.

## Bibliography – Parents Helping Children

<i>About Death: Good Answers to Tough Questions</i>	Joy Berry
<i>Children &amp; Trauma: A Guide for Parents and Professionals</i>	Cynthia Monahan
<i>The Grieving Child: A Parent's Guide</i>	Helen Fitzgerald
<i>Guiding Your Child through Grief</i>	Mary Ann Emswiler & James Emswiler
<i>Life &amp; Loss: Guide to Help Grieving Children</i>	Linda Goldman

## Reading List for Grieving Children

<i>A Quilt for Elizabeth</i>	Bennette W. Tiffault
<i>A Summer to Die</i>	Lois Lowry
<i>Aarvy Aardvark Finds Hope</i>	Donna O'Toole
<i>Geranium Morning</i>	E. Sandy Powell
<i>I Miss You</i>	Pat Thomas
<i>Red Chocolate Elephants: For Children Bereaved by Suicide</i> An Activity Book and DVD resource for children	Diana Sands, Ph.D.
<i>Red Poppies for a Little Bird</i>	Liz Farrington
<i>Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss</i>	Michaelene Mundy
<i>Tear Soup</i>	Pat Schwiebert & Chuck Deklyen
<i>The Fall of Freddie the Leaf: A Story of Life for All Ages</i>	Leo Buscaglia
<i>The Invisible String</i>	Patrice Karst
<i>The Kids Book about Death and Dying</i>	Eric Roses
<i>The Kissing Hand</i>	Audrey Penn
<i>The Tenth Good Thing About Barney</i>	Judith Viorst
<i>Waterbug and Dragonflies: Explaining Death to Young Children</i>	Doris Stickney
<i>What's Heaven?</i>	Maria Shriver
<i>When Dinosaurs Die: A Guide to Understanding Death</i>	Laurie Krasny Brown & Marc Brown