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 Meditations 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**  
Reflections on loss, and honestly facing the dying process.  
Nancy Cobb

**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:**
Maggie Callahan & Patricia Kelley
Understanding the Special Awareness, Needs and Communications of the Dying
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:**
Maureen Keeley & Julie Yingling
Helping the Living and the Dying Talk to Each Other
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

About Death: Good Answers to Tough Questions
Joy Berry

Children & Trauma: A Guide for Parents and Professionals
Cynthia Monahon

The Grieving Child: A Parent’s Guide
Helen Fitzgerald

Guiding Your Child through Grief
Mary Ann Emswiler & James Emswiler

Life & Loss: Guide to Help Grieving Children
Linda Goldman

Reading List for Grieving Children

A Quilt for Elizabeth
Bennette W. Tiffault

A Summer to Die
Lois Lowry

Aarvy Aardvark Finds Hope
Donna O’Toole

Geranium Morning
E. Sandy Powell

I Miss You
Pat Thomas

Red Chocolate Elephants: For Children Bereaved by Suicide
Diana Sands, Ph.D.

An Activity Book and DVD resource for children

Red Poppies for a Little Bird
Liz Farrington

Sad Isn’t Bad: A Good-Grief Guidebook for Kids Dealing with Loss
Michaelene Mundy

Tear Soup
Pat Schwiebert & Chuck Deklyen

The Fall of Freddie the Leaf: A Story of Life for All Ages
Leo Buscaglia

The Invisible String
Patrice Karst

The Kids Book about Death and Dying
Eric Roses

The Kissing Hand
Audrey Penn

The Tenth Good Thing About Barney
Judith Viorst

Waterbug and Dragonflies: Explaining Death to Young Children
Doris Stickney

What's Heaven?
Maria Shriver

When Dinosaurs Die: A Guide to Understanding Death
Laurie Krasny Brown & Marc Brown