




## Book Recommendations for Adults

### Recommended for General Grief

- **Saying Goodbye to Someone You Love: Your Emotional Journey Through End of Life and Grief** By: Norine Dresser and Fredda Wasserman for OUR HOUSE Grief Support Center
- **Living With Loss, Healing With Hope** By: Rabbi Earl A. Grollman
- **Healing After Loss: Daily Meditations for Working Through Grief** By: Martha Whitmore Hickman
- **My Grief Journal** By: OUR HOUSE Grief Support Center
- **About Grief.** By Ron Marasco and Brian Shuff
- **Tear Soup** By: Pat and Chuck DeKlyen Schwiebert
- **Healing Your Grieving Heart: 100 Practical Ideas** By: Alan D. Wolfelt
- **Making Loss Matter** By: David Wolpe
- **Grief Counseling & Grief Therapy, fourth edition** By: J. William Worden
-  **Transforming Loss: A Documentary** Director: Judith Burdick

### Recommended for Death of a Partner/Spouse

- **I'm Grieving As Fast As I Can: How Young Widows and Widowers Can Cope and Heal** By: Linda Sones Feinberg
- **It Must Have Been Moonglow: Reflections on the First Years of Widowhood** By: Phyllis Grenne
- **AfterImage: A Brokenhearted Memoir of a Charmed Life** By: Carla Malden
- **Grieving: A Beginners Guide** By: Jerusha Hull McCormack
- **Death without Denial, Grief Without Apology** By: Barbara K. Roberts
- **Spoiler Alert: The Hero Dies** By: Michael Ausiello
- **The Joke's Over, You Can Come Back Now: How This Widow Plowed Through Grief and Survived** By: Laurie Burrows Grad
- **The Other Side of Complicated Grief: Hope in the Midst of Despair** By: Rhonda O'Neill

- **You Are Not Alone: A Heartfelt Guide for Grief, Healing, and Hope** By Debbie Augenthaler
-  **YOUNG WIDOW, Naked in the Memorial Playground** Director: Elizabeth Titus

### Recommended for Death of a Parent

- **Motherless Daughters** By: Hope Edelman
- **Always Too Soon** By: Allison Gilbert
- **The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of our Parents**  
By: Alexander Levy
- **Death Benefits: How Losing a Parent Can Change an Adult's Life – for the Better** By: Jeanne Safer
- **Death of a Parent: Transition to a New Adult Identity** By: Debra Umberson

### Recommended for Death of a Child

- **Resilience** By: Elizabeth Edwards
- **Dancing with the Midwives: A Memoir of Art and Grief** By: Ann Faison
- **Gili's Book: A Journey Into Bereavement for Parents and Counselors** By: Henya Kagan Klein
- **After the Darkest Hour the Sun Will Shine Again** By: Elizabeth Mehren
- **Tear Soup** By: Pat and Chuck DeKlyen Schwiebert

### Recommended Reading for Sudden Death/Death by Suicide

- **Living With Grief After Sudden Loss** By: Kenneth Doka
- **I Wasn't Ready To Say Goodbye: Surviving, Coping & Healing after the Sudden Death of a Loved One**  
By: Brook Noel and Pamela D. Blair, Ph.D.

### Recommended for Parents of Grieving Children

- **Children Grieve Too!: A Handbook For Parents of Grieving Children** By: Lauren Schneider for  
OUR HOUSE Grief Support Center
- **Never Too Young to Know: Death in Children's Lives** By: Phyllis R. Silverman
- **Children And Grief: When A Parent Dies** By: William J. Worden

**OUR HOUSE Grief Support Center**  
(310) 473-1511 / (818) 222-3344  
[www.OurHouse-Grief.org](http://www.OurHouse-Grief.org)