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

- **Grief Day by Day: Simple Practices and Daily Guidance for Living with Loss.**

- **A Widow’s Guide to Healing**
  By Meekhof, Kristin and James Windell.
• **Finding Meaning in Grief**  
  By: David Kessler

• **Grief Day by Day**  
  By: Janet Warner.

• **A to Z Healing Toolbox**  
  By: Susan Hannifin-MacNab

• **Grief is a Journey**  
  By: Ken Doka

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