




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
- **DVD Transforming Loss: A Documentary**
Director: Judith Burdick
- **Grief Day by Day: Simple Practices and Daily Guidance for Living with Loss**
By: Jan Warner. Althea Press. 2018.
- **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 Moonlight: 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
- **You Can't Do It Alone: A Widow's Journey Through Loss, Grief and Life After**
By: Maria Quiban Whitesell with Lauren Schneider, LCSW

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

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