




## 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**  
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 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
- **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

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