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: Insights, Setbacks, Grace Notes, Taboos**
  By: Ron Marasco and Brian Shuff

- **It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand**
  By: Megan Devine

- **Healing Your Grieving Heart: 100 Practical Ideas**
  By: Alan D. Wolfelt

- **Making Loss Matter: Creating Meaning in Difficult Times**
  By: Rabbi David Wolpe

- DVD **Transforming Loss: A Documentary**
  Director: Judith Burdick

- **Grief Day by Day: Simple Practices and Daily Guidance for Living with Loss**
  By: Jan Warner

- **Finding Meaning: The Sixth Stage of Grief**
  By: David Kessler

- **A to Z Healing Toolbox: A Practical Guide for Navigating Grief and Trauma with Intention**
  By: Susan Hannifin-MacNab

- **Grief is a Journey: Finding Your Path Through Loss**
  By: Kenneth J. Doka

- **More Beautiful Than Before: How Suffering Transforms Us**
  By: Steve Leder

- **Tear Soup**
  By: Pat Schwiebert and Chuck De Klyen

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- **Grieving: A Beginners Guide**
  By: Jerusha Hull McCormack

- **The Beauty of What Remains: How Our Greatest Fear Becomes Our Greatest Gift**
  By: Steve Leder

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

- **A Widow's Guide to Healing: Gentle Support and Advice for the First 5 Years**
  By: Kristin Meekhoff and James Windell

- **It Must Have Been Moonglow: Reflections on the First Years of Widowhood**
  By: Phyllis Greene

- **AfterImage: A Brokenhearted Memoir of a Charmed Life**
  By: Carla Malden

- **Death without Denial, Grief Without Apology: A Guide for Facing Death and Loss**
  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

- **You Are Not Alone: A Heartfelt Guide for Grief, Healing, and Hope**
  By Debbie Augenthaler

- DVD **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

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Recommended for Death of a Parent

- **Motherless Daughters**
  By: Hope Edelman

- **Always Too Soon: Voices of Support for Those Who Have Lost Both Parents**
  By: Allison Gilbert with Christina Baker Kline

- **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: A Parent's Guide to Coping with the Loss of a Child**
  By: Elizabeth Mehren

Recommended Reading for Sudden Death/Death by Suicide

- **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

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Complicated Grief

- **The Other Side of Complicated Grief: Hope in the Midst of Despair**
  By: Rhonda O'Neill

Recommended for Mental Health Professionals

- **Children and Grief: When A Parent Dies**
  By: J. William Worden

- **Grief Counseling & Grief Therapy, Fifth Edition: A Handbook for the Mental Health Practitioner**
  By: J. William Worden

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