




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
- ** 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



- **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
- **Clouds Far Behind Me: A Memoir of Love, Loss, and the Path to Resilience**
By: Lori LoCicero
- **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
- ** 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

- **Crying in H Mart**
By: Michelle Zauner
- **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

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

OUR HOUSE Grief Support Center
www.OurHouse-Grief.org