



Books on Grief

There are many books out there covering a wide variety of topics about grief and loss. We encourage you to browse a bookstore, online listings or library. We hope this offers a comprehensive starting place.

GENERAL GRIEF

- **Finding Meaning: The Sixth Stage of Grief** by David Kessler
- **Finding Peace, One Piece at a Time: What To Do With Your and a Loved One's Personal Possessions** by Rachel Blythe Kodanaz
- **Healing After Loss: Daily Meditations for Working Through Grief** by Martha Whitmore Hickman
- **Grieving While Black: An Antiracist Take on Oppression and Sorrow** by Breeshia Wade
- **It's Okay that You're Not Okay: Meeting Grief and Loss in a Culture that Doesn't Understand** by Megan Devine
- **It's Okay to Laugh: (Crying is Cool Too)** by Nora McInerney Purmort
- **Modern Loss: Candid Conversation About Grief. Beginners Welcome.** by Rebecca Soffer and Gabrielle Kirkner
- **Option B: Facing Adversity, Building Resilience, and Finding Joy** by Sheryl Sandberg
- **Passed and Present: Keeping Memories of Loved Ones Alive** by Allison Gilbert
- **Permission to Mourn: A New Way to Do Grief** by Tom Zuba
- **Spark Seekers: Mourning with Meaning; Living with Light** by Rabbi Baruch HaLevi, DMin
- **The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief** by Francis Weller
- **Understanding Grief: Helping Yourself Heal** by Alan Wolfelt
- **Understanding Guilt During Bereavement** by Bob Baugher
- **Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart** by Alan Wolfelt
- **Ambiguous Loss: Learning to Live with Unresolved Grief** by Pauline Boss
- **When Bad Things Happen to Good People** by Harold S. Kushner
- **When Things Fall Apart: Heart Advice for Difficult Times** by Pema Chodron

LOSS OF A SPOUSE

- **I'm Grieving as Fast as I Can: How Young Widows and Widowers Can Cope and Heal** by Linda Feinberg
- **The Bright Hour: A Memoir of Living and Dying** by Nina Riggs
- **When Your Soulmate Dies: A Guide to Healing through Heroic Mourning** by Alan Wolfelt
- **Widow To Widow: Thoughtful, Practical Ideas For Rebuilding Your Life** by Genevieve Davis Ginsburg
- **When Breath Becomes Air** by Paul Kalanithi

PARENT LOSS

- **Grief is Love: Living with Loss** by Marissa Renee Lee
- **Loss of a Parent** by Theresa Jackson
- **Motherless Daughters: The Legacy of Loss** by Hope Edelman
- **The Dead Moms Club: A Memoir about Death, Grief and Surviving the Mother of All Losses** by Kate Spencer

CHILD LOSS

- **Bearing the Unbearable: Love, Loss and the Heartbreaking Path of Grief** by Joanne Cacciatore
- **My Children in Heaven: A Story of Grief, Hope, and Love** by Roseanne M. Collison

SUICIDE LOSS

- **I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One** by Brook Noel and Pamela Blair
- **Silent Grief: Living in the Wake of Suicide** by Christopher Lukas and Henry M Seiden

DEMENTIA LOSS

- **Healing Your Grieving Heart When Someone You Care About Has Alzheimer's: 100 Practical Ideas for Families, Friends, and Caregivers** by Alan Wolfelt
- **Loving Someone Who Has Dementia: How to find Hope while coping with Stress and Grief** by Pauline Boss
- **Relentless Goodbye: Grief and Love in the Shadow of Dementia** by Ginnie Burkholder
- **The Longest Lost: Alzheimer's Disease and Dementia** by Hospice Foundation of America and Kenneth J. Doka and Amy S. Tucci
- **Thoughtful Dementia Care: Understanding the Dementia Experience** by Jennifer Ghent-Fuller

SIBLING LOSS

- **Surviving the Death of a Sibling: Living through Grief when an Adult Brother or Sister Dies** by T.J.Wray

FOR PROFESSIONALS

- **Being Mortal: Medicine and What Matters in the End** by Atul Gawande
- **Companioning the Bereaved: A Soulful Guide for Counselors and Caregivers** by Alan Wolfelt
- **Grief and the Expressive Arts : Practices for Creating Meaning** by Barbara E. Thompson (Editor), Robert Neimeyer (Editor)
- **The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss** by George A. Bonanno
- **When Grief is Complicated** by Alan Wolfelt

FOR KIDS

YOUNG KIDS

- **Sun Kisses, Moon Hugs** by Susan Schaefer Bernardo
- **The Invisible String** by Patrice Karst
- **I Miss You: A First Look at Death** by Pat Thomas
- **The Memory Box** by Joanna Rowland

TEENS

- **Teens Dealing with Death: Stories from my Students** by Susan Romero
- **Teen Grief: Caring for the Grieving Teenage Heart** by Gary Roe
- **The Healing Your Grieving Heart Journal for Teens** by Alan Wolfelt
- **Weird is Normal When Teenagers Grieve** by Jenny Lee Wheeler

PET LOSS

- **Losing My Best Friend: Thoughtful support for those affected by dog bereavement or pet loss** by Jeannie Wycherley



For additional information, resources and support visit www.heartlightcenter.org or call us at 720-748-9908