

# 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 your local 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 Grieving Brain: The Surprising Science of How We Learn from Love and Loss by Mary-Frances O'Connor
- 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
- Trust Yourself to be All In: Safe to Love and Let Go by Amanda McKoy Flanagan

## 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
- Companionship 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 Grieving Brain: The Surprising Science of How We Learn from Love and Loss by Mary-Frances O'Connor
- 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

## Pet Loss

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

## For Kids

### Young Kids

- When Someone Dies: A Children's Mindful How-To Guide On Grief and Loss by Andrea Dorn, MSW
- I Know Someone Who Died by Connie Manning
- Our Story: A Memory Book by Mel Erickson
- 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



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