Recommended Books about Grief and Loss

General Bereavement


When Bad Things Happen To Good People. (2004) - Harold Kushner

How Good Do We Have To Be? A New Understanding of Guilt and Forgiveness. 1997) – Harold Kushner

Living When A Loved One Has Died. (1997) – Earl A. Grollman


Healing Grief At Work: 100 Practical Ideas After Your Workplace Is Touched By Loss. (2005) - A.D. Wolfelt


In Praise of Slow (2004) – Carl Honore

Eat, Love, Pray (2007) – Elizabeth Gilbert

Death Of Spouse or Partner

I’m Grieving As Fast As I Can: How Young Widows And Widowers Can Cope And Heal. (1994) - Linda Feinberg


Decomposing Maggie. (2003) – Ann Eriksson (Personal account from Saltspring Island author)

It Must Have Been Moonglow: Reflections Of The First Years Of Widowhood. (2003) – P. Greene (Personal account from an older widow-56yrs married)

In The Center Of The Night: Journey Through A Bereavement. (1987) – J. Blankenship (Personal account from a young widow with a young child)

The Year Of Magical Thinking. (2007) – Joan Didion (Personal account)


Good Grief. (2007) – Lolly Winston (Fiction - humorous)

Death Of A Parent

When Parents Die. (1997) – Edward Myers

Never The Same: Coming To Terms With The Death Of A Parent. (2004)- Donna Shuurman

Nobody’s Child: How Older Women Say Good-Bye To Their Mothers. (2001) - Diane Lutovich


The Orphaned Adult: Understanding And Coping With Grief And Change After The Death Of Our Parents. (2000) - Alexander Levy

She Loved Me, She Loved Me Not: Adult Parent Loss After A Conflicted Relationship. (2001) - L. J. Converse

Fatherloss: How Sons of All Ages Come to Terms With the Deaths of Their Dads. (2001) - Neil Chethik

The Closer We Are to Dying. (2001) - Joe Fioritto


Mother To Daughter, Daughter To Mother: A Daybook And Reader. – Tillie Olsen

Crow Lake. (2002) – Mary Lawson (Fiction)

**Men’s Grief**

Men and Grief. (1991) – Carol Staudacher


**Death Of A Grandchild**

Grandparents Cry Twice: Help For Bereaved Grandparents. (2000) - Mary Lou Reed


**Death Of A Child**


After The Death Of A Child: Living With Loss Through The Years. (1996) – A. K. Finkbeiner,
When The Bough Breaks: Forever After The Death Of A Son Or Daughter. (1997) – Judith Bernstein

Beyond Tears: Living After Losing A Child. (2005) - Ellen Mitchell


Paula. (1999) – Isabel Allende (Memoir)

Death of a Sibling


Recovering From the Loss of a Sibling. (2000) – Katherine Fair Donnelly

Sudden Death

No Time for Goodbyes: Coping with Sorrow, Anger and Injustice After a Tragic Death (2006) – Janice Harris Lord

I Wasn’t Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One. (2003) – Brook Noel & Pamela Blair

Suicide

Healing After The Suicide Of A Loved One. (1993) – Ann Smolin & John Guinan

Stronger Than Death: When Suicide Touches Your Life. (1994) - Sue Chance

**Holidays and Grief**

A Decembered Grief: Living With Loss While Others Are Celebrating. (1999) – H. I. Smith

Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season. (2005) – Alan Wolfelt

**Bereaved Children**


Solomon’s Tree (2002). A. Spalding

I Miss You: A First Look At Death. (2001) – Pat Thomas Badger’s


The Very Best Of Friends. (1990) – M. Wild & J. Vivas (Describes how families may be different after a death).


Old Pig (1999). - M. Wild (A granddaughter is with her grandmother as she is preparing to die).


Sad Isn’t Bad: A Good Grief Guidebook For Kids Dealing With Loss. (2006) – M. Mundy


The Education Of Little Tree. (1986) – F. Carter (Based on a true story about a boy who goes to live with his Grandparents after his Parents die. Eventually, Grandfather also dies).

**Bereaved Teens**


The Healing Your Grieving Heart Journal for Teens. (2002) – Alan Wolfelt

**Death of a Pet**
