



Victoria Hospice

# Recommended Books about Grief and Loss

## General Bereavement

Beyond Grief: A Guide For Recovering From the Death of a Loved One. (1987) – Carol Staudacher

The Understanding Your Grief Journal: Exploring the Ten Essential Touchstones (2004) – Alan Wolfelt

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

I Can't Stop Crying: It's So Hard When Someone You Love Dies. (1992) – Rev. J. D. Martin & F. D. Ferris

Unattended Sorrow: Recovering From Loss and Reviving the Heart. (2006) – Stephen Levine

Healing Through the Dark Emotions: The Wisdom of Grief, Fear and Despair (2004) – Miriam Greenspan

Life After Loss: A Practical Guide To Renewing Your Life After a Major Loss (2004) – B. Deits.

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

Lessons From The Dying. (1998) – Rodney Smith

In Praise of Slow (2004) – Carl Honore

Eat, Love, Pray (2007) – Elizabeth Gilbert

The Way of Transition: Embracing Life's Most Difficult Moments. (2001) – William Bridges

## **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

Widow To Widow: Thoughtful, Practical Ideas for Rebuilding Your Life. (2004) - Genevieve Davis Ginsburg

The Mourning Handbook. (1995) - Helen Fitzgerald

Healing A Spouse's Grieving Heart: 100 Practical Ideas After Your Husband Or Wife Dies. (2003)– A. D. Wolfelt

Lesbian Widows: Invisible Grief. (2006) – Vicky Whipple

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)

Anil's Ghost. (2001) – Michael Ondaatje (Fiction)

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

Losing Your Parents, Finding Your Self: The Defining Turning Point Of Adult Life. (2000) - Victoria Secunda

Midlife Orphan: Facing Life's Challenges Now That Your Parents Are Gone. (1999) – Jane Brooks

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

Motherless Daughters: The Legacy Of Loss. (2006) – Hope Edelman

Letters From Motherless Daughters: Words Of Courage, Growth And Healing. (1996) – Hope Edelman

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

When A Man Faces Grief / A Man You Know Is Grieving. (1998) –T. Golden & J. Miller

## **Death Of A Grandchild**

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

When A Grandchild Dies: What To Do, What To Say, How To Cope. (1999) – Nadine Galinsky.

## **Death Of A Child**

Living on the Seabed: A Memoir of Love, Life and Survival. (2006). Lindsay Nicholson

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

The Worst Loss: How Families Heal From The Death Of A Child. (2001) – Barbara Rosof

A Broken Heart Still Beats: After Your Child Dies.(2000) – A. Mccracken & M. Semel

About What Was Lost: Twenty Writers On Miscarriage, Healing And Hope. (2006) –Jessica Berger Gross (Pre/Perinatal Loss)

Our Walk With Elephants: Surviving the Loss of Adult Children. (2003) – P. Boone & B. Headington

Paula. (1999) – Isabel Allende (Memoir)

## **Death of a Sibling**

Surviving the Death of a Sibling. (2003) – T.J.Wray

Letters to Sara: The Agony of Adult Sibling Loss. (2001) – Anne McCurry

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

Night Falls Fast: Understanding Suicide. (2000) - Kay Redfield Jamison

## **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**

The Dead Bird. (2008) – Margaret Wise Brown Swan Sky. (1983). – K. Tejima

Lifetimes: The Beautiful Way to Explain Death to Children. (1983). – B. Mellonie & R. Ingpen

Liplap's Wish. (1994). – J. London & S. Long

Solomon's Tree (2002). A. Spalding

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

Parting Gifts. (1997) – Susan Varley (Death of an animal friend).

The Tenth Good Thing About Barney. (1987) – J. Viorst (Death of an animal friend).

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

When Dinosaurs Die: A Guide To Understanding Death. (1998) – Laurie Krasny Brown & Marc Brown.

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

A Birthday Present For Daniel: A Child's Story of Loss. (2001) – J. Rothman (A child's sibling dies).

The Empty Place. (1992) – R. Temes (A child's sibling dies).

Mick Harte Was Here. (1995) – B. Park (A girl's 12 year old brother dies in a bicycle accident).

Getting Near To Baby. (2002) – A. Couloumbis (A baby dies).

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

Someone I Love Died By Suicide: A Story For Child Survivors And Those Who Care For Them. (2000) – Doreen Cammarata

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**

Common Threads Of Teenage Grief. (2005) – J. N. Tyson (Teens tell their stories of grief to teens).

You Are Not Alone: Teens Talk About Life After The Loss Of A Parent. (2005) – Lynne Hughes

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

## **Death of a Pet**

The Loss Of A Pet: A Guide To Coping With The Grieving Process When A Pet Dies. (2005) – Wallace Sife

Coping With Sorrow On The Loss Of Your Pet. (2007) – Moira Anderson