**Bibliography on Grief**

**For Children**

Barren, T.A. **Where is Grandpa?** NY: Philomel Books, 2000. *As his family reminisces after his beloved grandfather’s death, a boy realizes that his grandfather is still with him in all the special places they shared.*

Wolfelt, Alan, **Companioning the Bereaved Child: A Soulful Guide for Caregivers,**  Ft. Collins: Companion Press. *By promoting careful listening and observation, this guide shows caregivers, family members, teachers, and counselors how to support grieving children and allow the child to be the expert in his or her grief.*

Wolfelt,Alan.  **Healing Your Grieving Heart for Teens: 100 Practical Ideas,**  Fort Collins: Companion Press. *A compassionate book for grieving teenagers affirming their thoughts and feelings and giving them dozens of teen-friendly ideas for understanding and coping with their grief.*

Wolfelt, Alan.  **Healing A Teen’s Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers.** Fort Collins: Companion Press. *A book for adults who want practical, day-to-day “how-tos” for helping the grieving teens in their lives.*

Wolfelt, Alan.  **Healing A Child’s Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers.** Fort Collins: Companion Press. *Ideas about children’s unique mourning styles and needs with some simple activities.*

Wolfelt, Alan.  **Healing Your Grieving Heart for Kids: 100 Practical Ideas.** Fort Collins CO: Companion Press. *Written for young readers (6-12 year olds) grieving the death of someone loved.*

Fitzgerald, Helen. **The Grieving Child: A Parent’s Guide.** New York: Fireside. 1992. *Organized like a book on infant care with detailed cross references. This book provides practical advice for surviving parents and others charge with the care of grieving children. For the parents of grieving children as well as adults with unresolved childhood grief.*

Fitzgerald, Helen. **The Grieving Teen: A Guide For Teenagers and Their Friends.** NY: Simon & Schuster, 2000. *In this unique and compassionate guide, the author and grief counselor turns her attention to the special needs of adolescents struggling with loss and gives them the tools they need to work through their pain and grief.*

Goldman,Linda. **Life and Loss: A Guide to Help Grieving Children.**  Muncie, IN: Accelerated Development, Inc. *An easy-to-read, workbook approach to help grieving children.*

Schwiebert, Pat and DeKlyen, Chuck. **Tear Soup: A Recipe for Healing After Loss.**. *A story* *for adults and children with pictures on every page.*

Buscaglia,Leo. **The Fall of Freddie the Leaf.** Thorofare, NJ: SLACK, Inc. 1982 *This is a simple story about a leaf named Freddie. It shows how Freddie and his companion leaves change with the passing seasons. It is an inspiring allegory illustrating the delicate balanced between life and death.*

Grollman, Earl. **Straight Talk About Death for Teenagers.** Boston MA: Beacon Press. 1993. *This author/rabbi offers “straight from the heart” information about the many feelings and questions a teen might have when someone they care about dies.*

Grollman, Earl. **Talking About Death: A Dialogue Between Parents and Child.** Boston MA: Beacon Press. 2011. *This book is a compassionate guide for adults and children to read together featuring a read-along story and answers to questions children ask about death.*

**For Adults**

Grollman,Earl.  **Living When A Loved One Has Died.** Boston MA: Beacon Press. 1995. *The author explains what emotions to expect when mourning, what pitfalls to avoid, and how to work through feelings of loss.*

Smith, Harold Ivan.  **Grieving the Death of a Mother.** Minneapolis MN: Fortress Press. 2003. *A mother’s death can impact our most important relationships. The author guides readers through their grief from the process of dying through the acts of remembering a mother after her death.*

Kushner, Harold. **When Bad Things Happen to Good People.** NY: Random House. 1981. *Rabbi Kushner wrote this book in reaction to his 3 hear old son’s diagnosis of a degenerative disease. It is straightforward and shares the doubts and fears that arise when tragedy strikes including our relationship with God.*

Delts, Bob **. Life After Loss.** Cambridge MA: Da Capo Press. 2009. *This book is a go-to resource for anyone who has suffered a significant life change. The author provides practical exercises for navigating the uncertain terrain of loss and grief. The author helps readers find positive ways to plot together a life that is different, but meaningful.*

Schweibert, Pat and DeKlyn. **Tear Soup: A Recipe for Healing After Loss.**

Rando, Theresa. **How to Go On Living When Someone You Love Has Died.**  NY: Bantam Books. 1991. *The author is a bereavement specialist who provides comprehensive information on grief including factors such as the type of death, family dynamics and relationship of the person who has died.*

**Handling the Holidays.** By Darcie Sims.

Miller, James and Golden**,** Thomas. **When a Man Faces Grief.** Fort Wayne IN: Willowgreen Inc. 1998. *This book is written in a concise format for the griever himself and for those who wish to understand, validate and support the more masculine mode of grief.*

Rapoport, Nessa. **A Women’s Book of Grieving.** Canada: Macmillan. 1994. *This book was written to provide a spiritual companion to a woman’s grief by offering precision, honesty and solace for women enduring periods of intense suffering and sorrow.*

Martin, Terry. **Men Don’t Cry. Women Do.**  *Gender Grief.*

Clayton, Jean.  **Women In Mourning.** 1996. *The book provides stories from a variety of women on different grief issues. The stories include: grief of a child, suicide, loss of a breast, multiple losses and more.*

Smith,Harold Ivan. **When Your Friend Dies.**  Minneapolis MN: Augsburg Fortress. 2002. *Grieving the death of a friend is not as recognized as often as that experienced when a spouse, child or parent dies. The author is a grief counselor who urges his readers to give their grief a voice and remember their friend.*

Marshall,Fiona.  **Losing A Parent: Practical Help for You and Other Family Members.** London: Sheldon Press. 2000. *Author helps readers understand the process of coping with a parent’s death from preparing for the death to recognizing the different stages of grief, from nurturing the relationship with the surviving parent to harnessing new strength to carry on with life.*

Smith, Harold Ivan. **On Grieving the Death of a Father.**

Doka, Kenneth. **Living With Grief.** .

Doka, Kenneth. **Guidelines for Life Beyond Loss.**

Manning,Doug, **Don’t Take My Grief Away: What to Do When You Lose a Loved One.** 1984. Harper & Row: NY. *The author addresses the painful and often disorientation aftermath of the death of a loved one helping the bereaved cope with the emotions and confront decisions that are part of the radical adjustment.*

Hospice Foundation of America, **Living with Grief.** 1998. Philadelphia PA *The book examines how key aspects of identity affect how individuals grieve. Variables explored include culture, spirituality, age, developmental level, class and gender.*

Kubler-Ross, Elizabeth**, Death: The Final Stage of Growth.** NY: Touchstone-Simon & Schuster. 1975. *The author has gathered a spectrum of views on the subject of death and dying that will guide your search for meaning of life and death.*

Wolfelt, Alan. **Healing the Adult Child’s Grieving Heart: 100 Pratical Ideas After Your Parent Dies.** Ft. Collins, CO: Companion Press. *When People get older, they die. We understand this, yet when a parent who has lived to middle or old age dies, the death often still comes as a shock.*

Wolfelt, Alan. **Healing a Spouse’s Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies.** Ft. Collins, CO: Companion Press. *Looks at various aspects of your relationship with your spouse such as lover, helpmate, financial provider.*

Wolfelt, Alan. **The Depression of Grief: Coping with Your Sadness and Knowi*ng* When to Get Help*.*** Ft. Collins, CO: Companion Press. *The book is helpful to an individual who feels they may be depressed, but it is also helpful for families. There is a Carried Grief Self-Inventory available to help an individual determine if they have not dealt with a loss in their life.*

Wolfelt, Alan. **The Paradoxes of Mourning: Healing Your Grief with Three Forgotten Truths.** Ft. Collins, CO: Companion Press. *You must say hello before you say good-bye. You must make friends with the darkness before you can enter the light. You must go backward before you can go forward.*

Levang, Elizabeth and Sherokee Ilse,  **Remembering With Love: Messages of Hope for the First Year.**  *The book shows the voices of many others who have struggled along their own paths coping and surviving after a death. Their experiences emphasize that every individual has the right to their feelings and ways of coping. The reader has the right to their own feelings and ways of coping and has the right to grieve as long as needed.*

Lewis, C.S. **A Grief Observed.** NY: Harper Collins. 1961. *Written after the death of the author’s wife as a way of surviving the “mad midnight moment” and as a reflection on the fundamental issues of life, death and faith in the midst of loss.*

Ames,Ed.  **A Handbook for Widowers.** Omaha NE: Centering Corp. 2014. *The author talks to men openly and honestly about tears, guilt, feelings of anger, depression, isolation and lonliness. The author also discusses the bereaved’s health, job, and other money matters, living alone and what to do with her things.*

Shernoff,Michael. **Gay Widowers: Life After the Death of a Partner.** Routledge NY: The Haworth Press Inc. 2013. *The book presents first hand narratives from gay men who have lived through the loss of their partners.*

Crossley, Donald C. and Rita. **Coping With Life After Your Mate Dies.** Grand Rapids, MI: Baker Books. 2002. *Written by two people who lost their spouses, it incorporates Christian scripture in looking at grief, taking care of one’s physical and emotional needs, handling one’s finances, new living arrangements and possibly remarriage.*

By Jowell & Schwisow. **After He is Gone: A Guide for Widowed and Divorces Women.** 2001. *With understanding and humor, the book articulates the emotions specific to newly widowed and divorced women as well as what they have in common. It provides realistic advice on getting through the first weeks and a useful list of simple things women can do to feel better.*

Tatelbaum, Judy. **The Courage to Grieve.** NY: New Harbinger Publications, Inc. 1987. *This unusual self-help book about surviving grief offers the reader comfort and inspiration.*

Yancy, Philip. **Where is God When It Hurts?** Michigan: Zondervan, 1990. *The author answers questions about how to come to terms with the tough times in one’s life.*

Zonnebelt-Smeenge, Susan and DeVries, Robert. **Getting to the Other Side of Grief: Overcoming the Loss of a Spouse.** Baker Books. 1998. *This sensitive and biblically oriented book offers a roadmap for bereaved spouses on the journey through grief to resolution. Excellent for pastors too.*

**On Suicide**

Bolton, Iris. **My Son, My Son…** Atlanta, GA: Bolton Press, 1983. *Written by a mother after her son’s suicide, this book has been helpful with other types of suicide deaths, as well.*

Hewett, John H. **After Suicide.** Philadelphia PA: The Westminster Press, 1980. *One of the best books on suicide bereavement. It speaks to the emotional reactions of this most difficult death.*

Linn-Gust, Michelle. **Do They Have Bad Days In Heaven? Surviving the Suicide Loss of a Sibling.** Albuquerque NM: Chellehead Works, 2001.*The author takes the reader through the personal experience of losing her sister and weaves in the available research for sibling survivors. The author explains suicide, the grief process, and how sibling death impacts the brothers and sisters left behind. She adds practical advice for how sibling suicide survivors can help themselves.*

Rubel, Barbara. **But I Didn’t Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors.** Kendall Park NJ: Griefwork Center, Inc. 1999*. This book is for the helping professional or parent as you try to help children in the aftermath of suicide. Part One presents Alex, a ten-year-old whose father has just died by suicide. Alex asks questions and tries to find meaning in the loss. Part Two offers help in your search for prevention and survivor support.*