

Suggested Reading



For Adults:

The Wild Edge of Sorrow: Rituals of Renewal & the Sacred Work of Grief, By Francis Weller

Healing After Loss: Daily Meditations for Working Through Grief, By Martha Whitmore Hickman

Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss, By Sameet M. Kumar, PH.D

It's OK that You're Not OK: Meeting Grief and Loss in a Culture that Doesn't Understand, By Megan Divine

She Came to Live Out Loud, By M. MacPherson

Grief: The Desire To Heal, By J.C. Grace

How to Go On Living When Someone You Love Dies, By Therese Rando

The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss, by George Bonanno

Swallowed By a Snake – The Gift of the Masculine Side of Healing, By Thomas Golden

Tear Soup, By Pat Schwiebert

The Fall of Freddie the Leaf, By Leo Buscaglia

Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies, By T. J. Wray

Midlife Orphan – Facing Life's Changes Now That Your Parents Are Gone, By Jane Brooks

Loss of a Parent: Adult Grief When Parents Die, By Theresa Jackson

How to Heal: a Guide for Caregivers, By Jeff Kane MD

Loss of a Child:

Blue Nights, By Joan Didion

Beyond Tears: Living After Losing a Child,
By Ellen Mitchell (With), Carol Barkin

For Children and Teens:

For your child:

For preschool or early elementary grade children:

Little Tree, By Joyce Mills, Ph.D.

When Dinosaurs Die: A Guide to Understanding Death, By Laura Kransy Brown and Marc Brown

I Miss You: A First Look at Death, Pat Thomas

The Invisible String, By Patrice Karst

For your teen or young adult

Modern Loss: Candid Conversation About Grief, by Rebecca Soffer and Gabrielle Birkner

A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One, By Phyllis Silverman and Madelyn Kelly

Bereaved Children and Teens: A Support Guide for Parents and Professionals, By Earl Grollman

Straight Talk About Death for Teenagers: How to Cope with Losing Someone You Love, By Earl Grollman

If Only, By Carole Geithner

Healing your Grieving Heart for Teens: 100 Practical Ideas, By Alan Wolfelt

Goodbye Music, By Robert Harris

