Annotated Bibliography for Adults

The Wendt Center for Loss and Healing is pleased to offer this bibliography to the larger community of grievers and those who aim to support them. While the Wendt Center does not endorse any of the literature that is included here, our intention is that the bibliography will support bereaved individuals on their journey towards healing. We are very grateful to Elizabeth Gomart, a graduate clinician, who compiled this helpful list!

A majority of the titles can be purchased online at Amazon.com. Some titles are more easily found on specialized sites such as:

- http://www.centering.org
- http://www.compassionbooks.com
- http://griefnet.org/bookstore
- http://www.hospicejourney.org
- http://www.selfesteemshop.com

General Grief


**Gender and Grief**


Miller, J. E. & Golden, T. (1998). *When a Man Faces Grief/When a Man you Know is Grieving: 12 Practical Ideas To Help You Heal from Loss.* Fort Wayne, IN: Willowgreen Publishing. Two books in one: one half is for men facing grief and the other for those who want to support grieving men.
Adults with Special Needs


Miscarriage, Stillbirth and Infant Death


Davis, D. L. (1996). *Empty Cradle, Broken Heart: Surviving the death of your baby. (Revised Edition)*. Golden, CO: Fulcrum Publishing. Includes information on issues such as the death of one or more babies from a multiple birth, pregnancy interruption, etc. It also includes a special chapter for fathers as well as a chapter on "protective parenting" to help anxious parents enjoy their precious living children.


Death of a Child


Johnson, J. (Ed.) (1989). Dear Parents: Letters to Bereaved Parents. Omaha, NE: The Centering Corporation. Organized so that each section aims at parents who have suffered a specific kind of loss (e.g. suicide, homicide, accidental death of a child) offers a letter by a letter by a parent who has suffered a same kind of loss.


### Death of a Grandchild


**Death of a Sibling**


White, P. (2008). *Sibling Grief: Healing After the Death of a Sister or Brother.* Lincoln: NE: iUniverse. Written by a psychologist who is both a bereaved sibling herself and as a sibling grief counselor. Addresses the impact of loss at different ages and longer-term, and offers suggestions.


**Death of a Spouse**


**Death of a Partner: LGBTQ Relationships**


**Death of a Parent**


Bloomfield, H. & Felder, L. (1996). *Making Peace with Your Parents: A Key to Enriching Your Life and All Your Relationships*. New York, NY: Ballantine Books. No matter how old you are and whether or not your parents are alive, you have to come to terms with them. This wise and practical book will show you how to deal with the most fundamental relationships in your life.


Converse, L. (2001). *She Loved Me, She Loved Me Not: Adult Parent Loss After a Conflicted Relationship*. La Vergne, TN: Lightning Source Inc. The author draws from her own story and stories of others to illustrate the path of resolution.

and research. A focus on younger girls and less on adults, though it speaks to many who have lost mothers later in life.


Smith, H. I. (2003). *Grieving the Death of a Mother*. Minneapolis, MN: Augsburg Fortress. A nationally-known grief counselor, written after the death of the author’s mother in her 80s. Includes accounts from people who have lost mothers at all ages.


**Death of a Friend**


Smith, H. I (2002). *When Your Friend Dies* (Hope & Healing Series). Minneapolis, MN: Augsburg Fortress. Offers comfort and encouragement to those who have lost a friend by validating their grief, urging them to give their grief a voice, and remembering their friend. Written by the founder of a grief resource center and counselor.


**Death of a Pet**


**Parenting a Grieving Family**


Fairview Health Services, (2003). *Helping Kids Cope: When a Loved One Is Sick and Preparing To Die*. Minneapolis, MN: Fairview Press. Provides advice that adults can use to help kids cope with a loved one's terminal illness. Includes the tools you need to support your children before, during, and after their loved one's death.


Harper Paperback. Addresses the nature of grief, purges common myths and offers healthy coping techniques to adults so they can grieve themselves, and, in turn, help their children.


**Sudden Death**


this book explore the basic principles of traumatic grief and mourning. Gives practical, proactive suggestions for moving beyond the trauma and embracing your grief.

_Suicide_


Fine, C. (2000). *No Time to Say Goodbye: Surviving the Suicide of a Loved One*. New York, NY: Broadway Books. Sections move from the suicide to its aftermath, to survival and how to make sense of the chaos. Written by the wife of a doctor who ended his life because he was depressed over the loss of his parents.


Miller, S. S. (2000). *An Empty Chair: Living in the Wake of a Sibling’s Suicide*. Lincoln, NE: iUniverse. Combines accounts from interviewees from across the country and her own experience of losing a sister to suicide, the author illustrates the complexity of feelings that survivors are left with.


_Homicide_


describe their transformation through the stages of shock, rage, hope, healing, and in some cases even forgiveness.


**Military**


**Cantrell, B. C. & Dean, C. (2005). Down Range: To Iraq and Back. Seattle, WA: Hearts Toward Home International.** Focuses on pre and post deployment issues, Combat Operational Stress (COS), and all transitional challenges that our Armed Forces are continually confronted with. Co-written by a psychologist who specializes in workshops for military families and a combat veteran.


**Hoge, C. W. (2010). Once a Warrior--Always a Warrior: Navigating the Transition from Combat to Home--Including Combat Stress, PTSD, and mTBI. Danbury, CT: GPP Life.** A
book for veterans and their families written from a military perspective by a Colonel, MD, clinician and well known researcher. Offers relatable and practical advice on how to manage the return to civilian life.


**Anticipatory Grief**


Hodgson, H. and Krahn, L. (2004). *Smiling Through Your Tears: Anticipating Grief*. Charleston, SC: Booksurge. Packed with coping tips which lead the reader to his or her healing path. One author is a journalist and the other an MD.

Boss, P. (1999). *Ambiguous Loss: Learning to Live with Unresolved Grief*. Cambridge, MA: Harvard University Press. Useful for those struggling with a loss that may not be physical but emotional and cognitive (as in Alzheimer’s or alcoholism), a terminally ill spouse, or those who may not have recovered a body to provide certain closure (as for military families where the soldier is missing). Written by a psychologist and professor of family social science.


**Death Caused by Substance Use**


**Cancer**


**HIV/AIDS**


Monograph Series. A monograph intended for professionals but valuable to lay readers dealing with AIDS-related bereavement.


Goodbyes and Rituals


Hewett, B. (2010). *Good Words: Memorializing Through Eulogy*. Omaha, NE: Grief Illustrated Press. Teaches how the process of writing and delivering a eulogy can help in a time of grief. Written by a trained bereavement group facilitator. (Christian/Catholic).


**Religious and Spiritual Perspectives**


*Surviving the Holidays*


Miller, J. (1996) *How will I get through the holidays? 12 ideas for those whose loved one has died*. Fort Wayne, IN: Willowgreen Publishing. Offers twelve ideas for navigating through these periods.


*Meditations and Prayers*


Naparstek, B. (1992). *Meditation to Ease Grief*. New York, NY: Image Paths (Audio CD) This guided imagery takes listeners on a journey back to their aching hearts, where they discover that everything lost is still alive there. Designed to help people tolerate, experience and get beyond their pain, it’s a favorite in grief support groups. (48 min.).

