



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

Attig, T. (2010). *How We Grieve: Relearning the World. (Second Edition)*. New York, NY: Oxford University Press. Written by a philosopher and a long-time expert in death and dying education, offers stories of the journey illustrating the 'active' journey of grieving through vignettes.

Beattie, M. (2006). *The Grief Club: The Secret to Getting Through All Kinds of Change*. Center City, MN: Hazelden Publishing. Addresses a range of losses (from the loss of a child, an aging parent with Alzheimer's and the end of a career) and how to move on.

Bloomfield, H. H., Colgrove, M., and McWilliams, P. (1978). *How to Survive the Loss of a Love*. Los Angeles, CA: Mary Book/ Prelude Press. A classic written by a leading psychological educator. Encompasses not only the medical and psychological advances in the treatment of loss, but also the authors' own experiences.

Bonanno, G. A. (2010). *The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss*. New York, NY: Basic Books. Written by a psychologist, researcher and academic. Debunks the theory of stages of grief and emphasizes the natural resilience of adults to recover from grief and loss.

Grollman, E. (2001). *Living with Loss, Healing with Hope*. Boston, MA: Beacon Press. Written by a Rabbi. Illuminates Judaism's recognition of the trauma of grief and of the mourner's responsibility eventually to return to the rhythm of life.

Heavilin, M. W. (2006). *Roses in December: Comfort for the Grieving Heart.* Irvine, CA: **Harvest House Publishers.** Used for years by individuals, grief counselors, and support groups. Revised edition offers the same compassion and encouragement plus chapters on losing loved ones to suicide and AIDS. (Christian)

Hodgson, H. (2008). *Writing to Recover: The Journey Through Grief and Loss to a New Life.* Omaha, NE: **Centering Corporation.** Written by a journalist, this book and its companion, *The Writing to Recover Journal*, are useful tools for those who would like to use writing in their healing journey.

Kosminsky, P. (2007). *Getting Back to Life When Grief Won't Heal.* New York, NY: **McGraw Hill.** Written by a social worker specializing in grief, loss and trauma. Teaches how to go on with your life after your loved one is gone, combines her own personal experience and insight from clients.

Kubler-Ross, E. & Kessler, D. (2007). *On Grief and Grieving: Finding the meaning of Grief through the Five Stages.* New York, NY: **Scribner.** A modern classic that applies the stages of dying to the grieving process.

Kubler-Ross, E. (1982). *Working it through: An Elizabeth Kubler-Ross Workshop on Death Dying and Transition.* New York, NY: **Macmillan.** The companion book to the 1969 classic by the same author, *On Death and Dying*.

Lewis, C.S. (1997). *A Grief Observed.* New York, NY: **Harper Collins.** A very personal book by the renowned author of *The Magic Wardrobe* and other classics, about the meaning of marriage, death and his Christian faith.

Morris, S. (2008). *Overcoming Grief: A Self-Help Guide Using Cognitive Behavioral Techniques.* New York, NY: **Basic Books.** A step by step guide by a cognitive behavioral psychotherapist.

Rando, T. A. (1988). *Grieving: How To Go on Living When Someone You Love Dies.* Lexington, MA: **Lexington Books.** A classic by a major contributor in the field of bereavement who has both studied loss and experienced it herself.

Ray, T. J. & Back Rice, A. (2005) *Grief Dreams: How They Help Us Heal After the Death of a Loved One.* San Francisco, CA: **Jossey-Bass.** Written by the prize-winning religious studies professor, and a Jungian psychologist. Show how dreams can be uplifting, affirming, consoling, and inspiring.

Russell, S. (2009). *Conquering the Mysteries and Lies of Grief (Second Edition).* Pelican Plunge Publishers. (Available at: <http://www.pelicanplungepublishers.com>.) Written by a Board Certified grief and trauma expert. Based on several hundreds of interviews as well as the author's own personal experience.

Staudacher, C. (1997). *Beyond Grief: a Guide for Recovering from the Death of a Loved One*. Oakland, CA: New Harbinger Publications. A classic that describes the conditions of grief as well as provides guidance on surviving different types of loss.

***The Courage to Grieve: The Classic Guide to Creative Living, Recovery, and Growth Through Grief*. New York: Harper Paperbacks.** A classic self-help book on healing grief by a social worker and bestselling author.

Walton, C. (1999). *When There Are No Words: Finding Your Way to Cope With Loss and Grief*. Ventura, CA: Pathfinder publishing. About the experience of the early stages of bereavement with accessible insights and suggestions.

Westberg, G. E. (2010). *Good Grief: The 50th Anniversary Edition*. Minneapolis, MN: Fortress Press. Describes 10 stages of grief with insight and heartfelt advice from a pastor. Written by a leader in the integration of medicine and religion. (Christian).

Worden, W. J. (2008). *Grief Counseling and Grief Therapy: A Handbook for Mental Health Practitioners, (4th Edition)*. New York, NY: Springer Publishing. The gold standard of grief therapy handbooks drawn from extensive research, clinical work, and the best of the new literature. Written by one of the giants of the field of death education and research.

Yalom, I. (2008). *Staring at the Sun: Overcoming the Terror of Death*. San Francisco, CA: Jossey-Bass. Written by the famous novelist, existential psychologist and psychiatrist. Offers insight based on his own and his patients' struggle with death anxiety.

Gender and Grief

Golden, T. (2010). *Swallowed by a Snake: The Gift of the Masculine Side of Healing, Second Edition*. Gaithersburg, MD: Golden Healing Publishing. Written by a grief counselor. Blends folklore, cross-cultural analysis and clinical advice that will help both men and women understand the specific context and needs of grieving men.

Levang, E. (1998). *When Men Grieve: How Men Grieve Differently and How You Can Help*. Minneapolis, MN: Fairview Press. Written by a psychologist. Offers an honest description of men's grieving process.

Martin, T. and Doka, K. J. (2000). *Men Don't Cry... Women Do: Transcending Stereotypes of Grief*. Philadelphia, PA: Taylor & Francis. Written by the renowned researcher and gerontologist. Defines three different patterns of expressing grief, related to but not determined by gender, highlighting their strengths and weaknesses.

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

Faherty, C. (2008). *Understanding Death and Illness and What They Teach About Life: An Interactive Guide for Individuals with Autism or Asperger's and their loved ones.* Arlington, TX: **Future Horizons, Inc.** Written by a nationally recognized child therapist and Asperger's expert. Focuses on concern of grievers with ASD and their loved ones.

Forrester-Jones, R. & Broadhurst, S. (2007). *Autism and Loss.* London, UK: **Jessica Kingsley Publishers.** Essential resource for professional and informal caregivers working with people with autism who are coping with any kind of loss.

Kauffman, J. (2008). *Guidebook on Helping Persons With Mental Retardation Mourn (death, value, and meaning).* Amityville, NY: **Baywood Publishing Company.** Intended for professional mental health providers and families, it focuses on concrete approaches to dealing with death and dying. Written by a psychologist specializing in intellectual disabilities.

Luchterhand, C. & Murphy, N. E. (1998). *Helping Adults with Mental Retardation Grieve a Death Loss.* Philadelphia, PA: **Taylor & Francis.** A guide for professionals provides over 100 practical ideas.

Markell, M. A. (2005). *Helping People with Developmental Disabilities Mourn: Practical Rituals for Caregivers.* Fort Collins, CO: **Companion Press.** Offers 20 simple rituals that caregivers can use with people with developmental disabilities after a death.

Van Dyke, L. (2003). *Lessons in Grief & Death: Supporting People With Developmental Disabilities in the Healing Process.* New Lenox, IL: **High Tide Press.** Offers vignettes illustrating how people with developmental disabilities master these important challenges.

Miscarriage, Stillbirth and Infant Death

Ash, L. & Northrup, C. (2004). *Life Touches Life: A Mother's Story of Stillbirth and Healing.* Troutdale, OR: **New Sage Press.** A mother's account of her inner changes and spiritual questioning after the death of her infant at term. Written with Dr. Northrup, a holistic physician specializing in obstetrics and gynecology.

Lanham, C. C. (1999). *Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death.* New York, NY: **Berkley Books.** Intended for women who have suffered pregnancy loss written by a journalist who herself lost a child during pregnancy.

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.

***Empty Arms: Coping After Miscarriage, Stillbirth and Infant Death.* Maple Plain, MN: Wintergreen Press.**

Kohn, I. & Moffitt, P.-L. (2000). *A Silent Sorrow: Pregnancy Loss - Guidance and Support for You and Your Family. (Second Edition).* New York, NY: **Routledge.** A classic book offered to bereaved parents that offers practical advice focused on early decisions in the hospital, funeral and early days of grieving.

McCracken, E. (2008). *An Exact Replica of a Figment of My Imagination: A Memoir.* New York, NY: **Little, Brown and Company.** A popular novelist writes a memoir about the death of her first child and birth of her second.

Nykiel, C. (2002). *After the Loss of Your Baby for Teen Mothers.* Omaha, NE: **The Centering Corporation.** Gives grief information and answers most frequently asked questions by teens.

Death of a Child

Bernstein, S. R. (1998). *When the Bough Breaks: Forever After the Death of a Son or Daughter.* Kansas City, MO: **Andrews McMeel Publishing.** Sensitive and honest description of the overwhelming journey bereaved families endure as they struggle to adjust their lives. Written by a bereaved mother and therapist.

Conrad, B. H. (1997). *When a Child Has Been Murdered: Ways You Can Help the Grieving Parents (Death, Values and Meaning).* Amityville, NY: **Baywood Publishing Co.** Covers the changes that affect parents of a murdered child and how others can support them in the short and longer term.

Donnelly, K. F. (2001). *Recovering From the Loss of a Child.* Lincoln, NE: **iUniverse.** A practical book by a journalist that draws on the experiences of parents and siblings coping with the loss of a child.

Finkbinder, A. K. (1998). *After the Death of a Child: Living with Loss Through the Years.* Baltimore, MD: **The Johns Hopkins University Press.** Written by a science writer who lost her son in an accident, interviewed bereaved parents to better understand the impact of the loss of a child over time on the family.

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.

Mitchell, E. & Barkin, C. (2009). *Beyond Tears: Living After Losing a Child (Revised Edition).* New York, NY: **Martin Press.** Brings together the experiences of nine mothers whose children died as young adults. New York: St. Martin's Press.

MacCracken, A. & Semel, M. (2000). *A Broken Heart Still Beats: After Your Child Dies.* Center City, MN: Hazelden Publishing. Two mothers who have lost children assemble a remarkable array of literary excerpts from writers who have lost children.

Mehren, E. (1997). *After the Darkest Hour the Sun Will Shine Again: A Parents' Guide to Coping After the Loss of a Child.* New York, NY: Fireside. Combines the author's own story with those of others who have also gone through the loss of a child.

Redfern, S. & Gilbert, S. K. (2008). *The Grieving Garden: Living with the Death of a Child.* Charlottesville, VA: Hampton Road Publications. Combines first person accounts of child loss to illustrate the main tenets of the grief and loss process without professional commentary.

Rosoff, B. (1995). *The Worst Loss: How Families Heal from the Death of a Child.* New York, NY: Holt Paperbacks. Written by a child psychotherapist. Offers vignettes into the lives of bereaved parents drawn from her clientele to illustrate stages of grief, obstacles to healing and how to continue living.

Schiff, H. S. (1978) *The Bereaved Parent.* New York, NY: Penguin (Non-Classics). By a grief expert. Offers guidance to parents facing the imminent death of a child, shocked by an accidental death, or suffering post-funerary turmoil, grief, and depression, and shows a way through the day-to-day hardships and decisions.

Wolsterstorff, N. (1987). *Lament for a Son.* Grand Rapids, MI: Wm. B. Eedermans Publishing Co. Written by a well-known Christian philosopher who lost his 25-year-old son to a mountain climbing accident. (Christian).

Death of a Grandchild

Bennett, N. (2005). *Forgotten Tears: A Grandmother's Journey Through Grief.* Bangor, ME: Booklocker.com, Inc. A portrayal of a grandmother's grief journey following the stillbirth of her granddaughter, written by a childbirth educator.

Galinsky, A. (1999). *When a Grandchild Dies: What To Do, What To Say and How To Cope.* Houston, TX: Gal in Sky Publications. Includes what feelings may be experienced at the beginning; assistance for grandparents in communication with their bereaved children and other living grandchildren, spouses, in-laws, and friends.

Gerner, M. H. (1990). *For Bereaved Grandparents.* Omaha, NE: Centering Corporation. Covers the loss of a grandchild by an author who lost a young child and later a grandchild.

Ilse, S & Leininger. L. (2006). *Grieving Grandparents: Following Miscarriage, Stillbirth, SIDS or Infant Death.* Omaha, NE: The Centering Corporation. Includes critical information for grandparents to support their children and their own grieving with specific examples.

Reed, M. L. (2000). *Grandparents Cry Twice: Help for Bereaved Grandparents (Death, Value, and Meaning Series)*. Amityville, NY: Baywood Publishing Company. Covers the special circumstances of mourning a grandchild and supporting an adult child. Written by a grandmother who lost a grandchild.

Death of a Sibling

DeVita_Raeburn, E. (2007). *The Empty Room: Understanding Sibling Loss*. New York, NY: Scribner. Weaves together her own story of loss with those of others who have lost siblings.

Donnelly, K. F. (1988). *Recovering From the Loss of a Sibling*. New York, NY: Dodd, Mead. Weaves together the experience of bereaved siblings and addresses many of the questions that affect siblings after the death of a brother or sister.

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.

Wray, T. J. (2003). *Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies*. New York, NY: Three Rivers Press. Written by a prize-winning professor of religious studies. Weaves stories many sibling grievers to bring clarity and understanding to the complex process of sibling grief as well as practical suggestions for healing.

Death of a Spouse

Auchard, B. (2005). *Dancing in My Nightgown: The Rhythms of Widowhood*. Las Vegas, NE: Stephens Press. Memoir of an older widow who loses her husband of 45 years.

Brody Fleet, C. & Harriet, S. (2009). *Widows Wear Stilettos: A Practical and Emotional Guide for the Young Widow*. Far Hills, NJ: New Horizon Press. Offers advice and humor to help the young widow cope with her loss. Written by a motivational speaker and coach.

Caine, L. (1990). *Being a Widow: A Compassionate Practical Guide to Being a Widow*. New York, NY: Penguin Books. Offers practical advice interspersed with vignettes of others.

Davis Ginsburg, G. (2004). *Widow to Widow: Thoughtful, Practical Ideas for Rebuilding Your Life. (Revised Edition)*. Cambridge, MA: Fisher Books. Walks readers through the challenges of widowhood and encourages them on their path to building a new life. Written by the founder of Widowed to Widowed Services, a support group in Tucson, AZ.

Didion, J. (2007). *A Year of Magical Thinking*. New York, NY: Vintage. Autobiographical account of author's first year after the death of her husband, the writer John Gregory Dunne.

Eastlund, A. (2003). *For Widows Only!* Lincoln, NE: iUniverse, Inc. A helpful guide for looking back, adjusting and looking forward. Written by a journalist.

Faber, M. (2008). *Grief Expressed: When a Mate Dies.* West Fork, KA: LifeWords. A proactive guide from a Christian perspective.

Feinberg, L. J. (1994). *I'm Grieving As Fast As I Can: How Can Young Widows and Widowers Cope and Heal.* Far Hills, NJ: New Horizons Press. Deals with grieving from different types of losses, mostly meant for women. Written by a counselor.

Felber, M. (2000). *Finding Your Way After a Spouse Dies.* Notre Dame, IN: Ave Maria Press. Written by a counselor after her husband died.

Lintermens, G. & Stolzman, M. (2006). *The Healing Power of Love: Transcending the Loss of a Spouse to New Love.* Naperville, IL: Sourcebooks. A collection of twelve stories of new loving relationships following the loss of a spouse or partner.

Schaefer, G. (2010). *The Widowers Toolbox: Repairing Your Life After Losing Your Spouse.* Far Hills, NJ: New Horizons Press. Offers men who have lost their partners a guide to healing. Divided into three parts, "Picking up the Pieces," "Healing from Within," and "Giving Back to Others."

Weinstein, S. (2008). *Moving to the Center of the Bed: The Artful Creation of a Life Alone.* New York, NY: Center of the Bed Publishing. A memoir that juxtaposes the dying of her husband of a terminal illness with the story of her profound healing.

Wolfelt, A. (2003). *Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies.* Fort Collins, CO: Companion Press. Practical, here-and-now suggestions for helping widows and widowers mourn well so they can go on to live well and love well again.

Zonnebelt-Smeenge, S. J., De Vries, R.C. (1998). *Getting to the Other Side of Grief.* Grand Rapids, MI: Baker Books. From the point of view of a clinical psychologist and a pastor.

Death of a Partner: LGBTQ Relationships

Aarons, L. (1996). *Prayers for Bobby: A Mother's Coming to Terms with the Suicide of Her Gay Son.* New York, NY: Harper One. The journey of a Christian mother who had prayed for son's 'healing' becomes a crusader for gay and lesbian youth.

Silva, D. W. (2000). *A Grief Recovery Guide for Gay Men.* San Carlos, CA: Infinity Press. Personal stories of grieving men are combined with an action program containing step-by-step suggestions for identifying and combating depression, anger, and guilt. Written by a family and marriage therapist who also led grief support groups for gay men.

Smith, H. I., Johnson, J. & Sieff (Ed.) (2008). *Partnered Grief: When Gay and Lesbian Partners Grieve.* Omaha, NE: The Centering Corporation. A book for gay and lesbian bereaved partners written by the founders of the Centering Corporation, a grief resource center.

Shernoff, M. (1997). *Gay Widowers: Life After the Death of a Partner.* Far Hills, NJ: New Horizons Press. Affirms the unique characteristics of a gay widowers' grieving process by offering first person accounts of bereaved partners.

Valentine, B. (2006). *A Season of Grief.* New York, NY: Routledge. A memoir of one man's grief after the accidental and violent death of his partner.

Walter, C.A. (2003). *The Loss of a Life Partner.* New York, NY: Columbia University Press. Presents 22 Stories of individuals whose life partner died.

Whimple, V. (2006). *Lesbian Widows: Invisible Grief.* New York, NY: Routledge. Reveals themes common to all these women's experiences while offering practical advice about coping techniques and resources for support.

Wilder, R. (1998). Sexual orientation and grief. In K. Doka & J. Davidson (Eds.) *Living with Grief* (pp. 199-206). Philadelphia, PA: Hospice Foundation of America. Offers a view into the social and psychological reality of non-heterosexual couples in grief.

Death of a Parent

Akner, L. F. (1994). *How to Survive the Loss of Parents.* New York, NY: Harper Paperbacks. Depicts the experiences of 12 adults addressing themes and exercises in the context of a 12-week grief workshop.

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.

Brooks, J. (1999). *Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone.* New York, NY: Berkley Trade. Discusses such topics as changes in self-image, unresolved issues, guilt, sorrow, and anger, the emotional impact of inheritance, and the shifting of roles as a result of "midlife orphan-hood" in the midst of other changes in midlife.

Chatman, D. & Kenneally, W. (2001). *The Death of a Parent: Reflections for Adults Mourning the Loss of a Father or Mother.* Chicago, IL: ACTA Publications. Co-written by a pastor and a writer who has lost a parent. Combines authentic voices of grief and addresses issues of faith. (Christian/Catholic).

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.

Edelman, H.(2006). *Motherless Daughters: The Legacy of Loss (Second Edition).* Cambridge, MA: Da Capo Press. A New York Times bestseller: A mix of memoir, interviews,

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

Erickson, B. M. (1998). *Longing for Dad: Father Loss and Its Impact.* Deerfield Beach, FL: HCI. Written by a family psychotherapist. Helps readers and therapists identify and pinpoint the causes of “father hunger,” and explore the spiritual crises that unresolved losses generate.

Gilbert, R. & Baker Kline, B. (Eds.) (2006). *Always Too Soon: Voices of Support for Those Who Have Lost Both Parents.* Berkley, CA: Seal Press. Brings together collected short memoirs by 20 personalities who have lost both parents.

Gilbert, R. (1999). *Finding Your Way After Your Parent Dies: Hope for the Grieving Adult.* Notre Dame, IN: Ave Maria Press. Offers a Christian perspective.

Hambrook, D. (1997). *A Mother Loss Workbook: Healing Exercises for Daughters.* New York, NY: Harper Collins Publishers. Inspired by Edelman’s *Motherless Daughters* (listed above), the author developed a workbook for daughters who have lost their mothers in childhood or adolescence.

Levy, A. (2000). *The Orphaned Adult: Understanding and Coping with Grief and Change After the Death of Our Parents.* New York, NY: Perseus Publishing. Incorporates the author’s own experience of loss and his professional insight as a psychologist.

Marshall, F. (2004). *On Losing a Parent: Practical Help for You and Other Family Members.* New York, NY: Harper Collins. Written by a licensed family therapist who lost her father to terminal illness. Addresses terminal illness as well as sudden death.

Myers, E. (1997). *When Parents Die.* New York, NY: Penguin (Non-Classics). A practical guide by a journalist who has lost both parents. Includes advice from therapists, practices from self-help groups and personal accounts.

Secunda, V. (2001). *Losing Your Parents, Finding Yourself: The Defining Turning Point of Adult Life.* New York, NY: Hyperion. Based on the author’s experience of parent loss and her survey of 94 bereaved adult children. Points out that this crucial event fosters major reassessments, such as one’s attitude toward siblings, marriage, children and career.

Simon, L., & Drantell, J. J. (2010). *A Music I No Longer Heard: The Early Death of a Parent.* New York, NY: Simon & Schuster. Brief, topically organized excerpts from many interviews (of teens to octogenarians) on the experience of losing a parent as a child or adolescent.

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.

Smith, H. I. (1994). *On Grieving the Death of a Father.* Minneapolis, MN: Augsburg Fortress. Combines personal stories from well-known people to help others in their grief.

Umberson, D. (2006). *The Death of a Parent: Transition to a New Adult Identity.* New York, NY: Cambridge University Press. Draws on award winning sociological research. Shows that we are far from being “finished beings.”

Thomas, P. (2009). *Fatherless Daughters: Turning the Pain of Loss into the Power of Forgiveness.* New York, NY: Simon & Schuster, Inc. Based on interviews with 100 women, mostly affluent or middle class.

Death of a Friend

Caldwell, G. (2010). *Let's Take the Long Way Home: A Memoir of Friendship.* Random House. Offers an account of an intense friendship between two women in good times and bad.

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.

Smith, H. I. (1996). *Grieving the Death of a Friend.* Minneapolis, MN: Augsburg Fortress. Encourages the reader to recognize and be moved by the loss of a friend. Written by the founder of a grief resource center and counselor.

Death of a Pet

Allen, M. A. (2007). *Coping With the Sorrow of the Loss of Your Pet.* Indianapolis, IN: Dog Ear Publishing, LLC. Practical advice to help cope with the loss of a pet and common circumstances surrounding pet loss.

Brown, R. J. (2005). *How To Roar: Pet Loss Recovery.* Athens, GA: Spring Water Publishing. A workbook for processing the death of a pet.

Carmack, B. J. (2003). *Grieving the Death of a Pet.* Minneapolis, MN: Augsburg Fortress. Filled with personal stories of love and loss as well as Scripture and thoughts on faith, by a nurse and pet loss counselor. (Christian)

Greene, L. A. (2003). *Saying goodbye to the Pet you love: A complete resource guide to help you heal.* Oakland, CA: New Harbinger Publications. Written by a psychologist. Offers ways of assessing your level of attachment to your pet and specific ways of coping with the loss.

Korpi, S. (2009). *Good Grief: Finding Peace After Pet Loss: Personal and Professional Insights on the Animal Lover's Unique Grieving Process.* Minneapolis, MN: Healy House Books. Provides personal and professional insights on how to prepare for a pet's euthanasia, take care of yourself around insensitive people and memorialize and celebrate your pet's life.

Kowalski, G. (2008). *Goodbye, Friend: Healing wisdom for Anyone who Has Ever Lost a Pet.* Written by a Unitarian Minister after the loss of his pet dog. Includes ideas for rituals and ceremonies, spiritual guidance and readings and poems to use for solace.

Roberts, D. & Findlay, L. (2009). *Mourning Discoveries: A Guide to Helping Families Navigate Through Grief Towards Healing ... The Loss of a Pet.* Available from: <http://www.mourningdiscoveries.com>. Addresses special issues of families grieving a pet.

Parenting a Grieving Family

Andersen, C. & Brady, H. (2010). *No U-Turn at Mercy Street: A Memoir and Resource Guide for Grieving Parents.* CreateSpace. Offers support to parents who have lost a child. Co-written by a psychotherapist specializing in grieving couples and mother who lost her unborn child.

Atwood, K & Kelly, J. (2009). *A Healing Place: Help Your Child Find Hope and Happiness After the Loss of a Loved One.* New York, NY: Perigee Trade. Offers advice for caregivers of grieving children—from the founder of Kate’s Club, a non-profit organization dedicated to helping grieving children.

Bowers, D.T. (2005). *Guiding Your Family: Through Loss and Grief.* Tucson, AZ: Fenestra Books. Discusses the process of dying, the moment of death, and the grief process following the death. Offers a continuum of information from the point of diagnosis through grieving the death.

Emswiller, J. P. & Emswiller, M. A. (2000) *Guiding Your Child Through Grief.* New York, NY: Bantam Books. Co-written by the co-founders and directors of a program for grieving children and their families. Intertwines research with one of the co-author’s experience of navigating his own grief and that of his children after the loss of his first wife to a car accident.

Fairview Health Services, (2003). *A Teen’s Guide to Coping: When a Loved One is Sick and Preparing To Die.* Minneapolis, MN: Fairview Press. Contains journaling and other exercises to help teens cope along with answers to common questions.

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.

Harpham, W. S. (2004). *When a Parent Has Cancer: A Guide to Caring for Your Children.* New York, NY: New York, NY: Harper Paperbacks. Deals with the difficulties of raising children when a parent has cancer and proposes approaches for preventing and responding to common problems in a healthy way. Written by a physician who also has cancer and draws from his own experience with his children.

James, J., Friedman, R. & Matthews, L. (2002). *When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses.* New York, NY:

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.

Rubel, B. (2009). *But I didn't Say Goodbye: Helping Children and Families After Suicide.* Kendall Park, NJ: Griefwork Center Inc. Chronicles the journey of a family after the suicide of the father from the point of view of his 11 year old son. Offers guidance to parents.

Silverman, P. & Kelly, M. (2009). *Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One.* New York, NY: Oxford University Press. Offers direction for dealing with every aspect of loss in a reader-friendly format.

Wakenshaw, M. (2002). *Caring for Your Grieving Child: Engaging activities for Dealing with Loss and Transition.* Oakland, CA: New Harbinger Publications, Inc. Introduces parents to play techniques that they can do at home to help the child work through feelings of loss and sorrow, towards healing.

Zucker, R. (2009). *The Journey Through Grief & Loss: Helping Yourself and Your Child When Grief is Shared.* New York, NY: St. Martin Press. As a practicing psychologist, the author addresses issues pertaining to managing your own grief while supporting your grieving child, including understanding how adults and children grieve differently, learning how to explain death to children, counseling and more.

Sudden Death

Doka, K. J. (1996). *Living with Grief After Sudden Loss.* Philadelphia, PA: Taylor & Francis. Written by one of the great experts in the field. Covers topics related to sudden loss: after heart attack and stroke, survivors of suicide, complicated grief in the military, and grief counseling for survivors of traumatic loss.

Lord, J. H. (2008). *No Time For Goodbyes: Coping with Sorrow, Anger, and Injustice After a Tragic Death.* (Sixth edition). Centura, CA: Pathfinder. A definitive and updated guide for those grieving traumatic death. Includes accidental deaths, deaths from negligence, suicide, murder, and all kinds of traumatic, sudden, and violent losses.

Noel, B. and Blair, P. D. (2000). *I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One.* Milwaukee, WI: Champion Press. Covers such topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression.

Rynearson, E. K. (2001). *Retelling Violent Death.* New York, NY: Taylor & Francis. Written by a psychiatrist, recounts the author's own experience with his wife's suicide and how it informs his treatment of bereaved individuals and families.

Wolfelt, A. (2002). *Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death.* Fort Collins, CO: Companion Press. Some of the ideas in

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

Baughner, B. & Jordan, J. (2001). *After Suicide Loss: Coping with Your Grief.* Newcastle, WA: **The Family Loss Project.** A short book compiled from the input of dozens of suicide survivors.

Carlson, T. (2008). *A Suicide Survivors' Handbook: A Guide for the Bereaved and Those who Wish to Help Them.* Duluth, MN: **Benline Press.** Based on personal experience and extensive research, deals with the question 'Why?' along with the shame and guilt, and the anger associated with losing a loved one.

Clark, S. (1995). *After Suicide: Help for the Bereaved.* South Yarra, Australia: **Michelle Anderson Publishing (formerly Hill of Content).** A handbook with an emphasis on self-help, self-care and positivity from an eminent practitioner in the field.

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.

Lukas, C. & Seiden, H. M. (2007). *Silent Grief: Living in the Wake of Suicide.* Philadelphia, PA: **Jessica Kingsley Publishers.** Shows how the emotional aftermath of suicide differs from other types of bereavement. Co-written by a suicide survivor and a psychoanalytic psychologist.

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.

Wrobleski, A. (1993). *Suicide of a Child.* Omaha, NE: **The Centering Corporation.** An introduction to the issues in a pamphlet-sized book

Homicide

Conrad, B. H. (1997). *When a Child Has Been Murdered: Ways You Can Help the Grieving Parents (Death, Values and Meaning).* Amityville, NY: **Baywood Publishing Co.** Covers the changes that affect parents of a murdered child and how others can support them in the short and longer term.

Hammett, M. (2004). *Permanent Heartache: Portraits of Grief, Hope, Survival and Life After Homicide.* Huntington, NY: **Kroshka Books.** Written by an epidemiologist. Collects the testimonials of families of survivors in different cities who memorialize their loved ones and

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

Hutchison, K. (2006). *Walking after Midnight: One Woman's Journey Through Murder, Justice and Forgiveness.* Oakland, CA: New Harbinger Publications. A memoir by the widow of a man murdered by a group of drunken teens, who reaches out with compassion to her husband's killer and becomes an advocate for restorative justice.

Jenkins, B. (2001). *What to Do When the Police Leave: A Guide to the First Days of Traumatic Loss (Third Edition).* Richmond, VA: WBJ Press. Written by a victim for other victims and their caregivers. Offers advice, guidance, and resources for families dealing with the traumatic loss of a family member or friend.

O'Hara, K. (2006). *A Grief Like No Other: Surviving the Violent Death of Someone You Love.* New York, NY: Marlowe and Co. A unique seven-stage plan for healing and overcoming grief and PTSD tailored to those who have been affected by violent death.

Military

Armstrong, K., Best, S. & Domenici, P. (2005). *Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families.* Berkeley, CA: Ulysses Press. Offers returning military and their families a clear picture of what lies ahead and ways to handle the challenges. Written by three clinicians and mental health researchers.

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.

Carter, G. M. (2004). *Sacred Shadow, Sacred Ground: A Vietnam War Widow's Journey Through Unresolved Grief.* North Powder, OR: Two Rainbows Publications. Written by a Viet Nam war widow with lessons and inspiration for other military widows.

Friedman, M. J. & Slone, L. B. (2008). *After the War Zone: A Practical Guide for Returning Troops and Their Families.* Cambridge, MA: Da Capo Press. Written by two experts from the VA National Center for PTSD. Provide an essential resource for service members, their spouses, families, and communities, sharing what troops really experience during deployment and back home.

Hart II, A. (2000). *An Operators Manual for Combat PTSD: Essays for Coping,* Lincoln, NE: iUniverse. Written by a psychologist. Assists the veteran in learning how to monitor triggers, our cues, and balance the world within with the world we live in.

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.

Laurent, P. (1999). *A Grief Denied: A Viet Nam Widow's Story*. Santa Rosa, CA: Catalyst for Change. A memoir by a military wife who lost her husband in Vietnam while pregnant and her long-term struggle to heal.

Matsakis, A. (2005). *In Harm's Way: Help for the Wives of Military Men, Police, EMTs and Firefighters*. Oakland, CA: New Harbinger Publications. Written by a specialist in trauma recovery. Designed to help women whose partners are in dangerous professions confront and overcome the fear, anger, and loneliness they experience because their loved ones are constantly in danger.

Moore, B. A. & Kennedy, C. H. (2010). *Wheels Down: Adjusting to Life After Deployment (APA Life Tools)* APA Publications. Provides a practical, hands-on collection of sound advice, tips, techniques, and strategies for returning service personnel and their family members. Co-written by psychologists with extensive experience serving military veterans.

Pavlicin, K. M. (2007). *Life After Deployment: Military Families Share Reunion Stories and Advice*. St Paul, MN: Elva Resa Publishing. Captures the stories of military families during deployment and at their reunion, highlighting the adjustments of homecoming, living together again, and how they coped with anger, depression, PTSD, injuries, grief, and other challenges.

Sheeler, J. (2008). *Final Salute: A Story of Unfinished Lives*. New York, NY: Penguin Press HC. Pulitzer-prize winning journalist shadows a Marine in charge of casualty notifications and provides intimate portraits of each soldier.

Steen, J. M. & Asaro, M. R. (2006). *Military Widow: A Survival Guide*. Annapolis, MD: Naval Institute Press. Blends the co-authors' personal experiences of loss in the military with guidance from leading experts on grief and traumatic loss and an understanding of the complications of the military world.

Tainsh, D. H. (2010). *Surviving the Folded Flag: Parents of War Share Stories of Coping, Courage, and Faith*. St Paul, MN: Elva Resa Publishing. Brings together more than twenty-five stories from Gold Star parents. Celebrates the lives of their sons who died in service and offers hope and advice for other families facing such a loss.

Zacharias, K. S. (2006). *After the Flag Has Been Folded: A Daughter Remembers the Father She Lost to War--and the Mother Who Held Her Family Together*. New York, NY: Harper Paperbacks. Written by the adult daughter of a soldier who died in Viet Nam in 1966, the memoir captures the struggle of a military family to move on and the emotions of the children left behind.

Anticipatory Grief

Bluebond-Langner, M. (1996). *In the Shadow of Illness: Parents and Siblings of the Chronically Ill Child.* Princeton, NJ: Princeton University Press. Presents the daily lives of nine families of chronically ill children at different points in the natural history of the illness--from diagnosis through the terminal phase

Kenneth J. Doka (Ed.) (2004). *Living with Grief: Alzheimer's Disease.* Washington, DC: Hospice Foundation of America. Consists of articles from a multidisciplinary group of experts.

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.

Morse, L. (2010) *Dementia: Frank and Linda's Story: New Understanding, New Approaches, New Hope.* Oxford, UK: Monarch Books. Written from a Christian perspective by a British journalist with a postgraduate diploma in Cognitive Behavioral Therapy. Offers advice based on a new way of caring for dementia patients developed in the Great Britain.

Okun, B. & Nowinski, J. (2011). *Saying Goodbye: How Families Can Find Renewal Through Loss.* New York, NY: Berkley Hardcover. Written by nationally-known psychologists for families dealing with a lengthy process of 'living with death.'

Ross, A. (2009). *Dementia and Anticipatory Grief: Exploring Family Caregivers' Experiences.* Saarbrücken, Germany: VDM Verlag Dr. Müller. Written by a psychologist and registered nurse, focuses on the support needs of caregivers of loved ones with dementia.

Death Caused by Substance Use

Waxler, R. & Waxler, L. (2003). *Losing Jonathan.* New Bedford, MA: Spinner Publications. The journey of parents of a son addicted to heroin and their struggle after his death.

Wittberger, P. & Wittberger, R. (2004). *When a Child Dies from Drugs: Practical Help for Parents in Bereavement.* Bloomington, IN: Xlibris Corporation. Written by parents for parents experiencing this tragedy.

Cancer

Andersen, G. (2009). *Cancer: 50 Essential Things to Do: Third Edition.* New York, NY: **Plume.** An updated and revised holistic action plan for surviving cancer. Written by a cancer patient who survives the disease 30 years after his initial diagnosis and became an expert in the wellness field.

Babcock, E. N. (1997). *When Life Becomes Precious: A Guide for Loved Ones and Friends of those facing serious illnesses.* New York, NY: **Bantam Books.** Provides practical answers to medical, legal and psychological questions that are bound to be important to caregivers of loved ones who have cancer.

Blachman, L. (2006). *Another Morning: Voices of Truth and Hope from Mothers with Cancer.* Emeryville, CA: **Seal Press.** Aimed at mothers with cancer or other serious illnesses. Written by a public health educator and mother.

Brown, P. (1999). *Facing Cancer Together: How To Help Your Friend or Loved One.* Minneapolis, MN: **Augsburg Fortress.** Offers practical advice on how to provide support and for self-care. Includes bible readings and prayers to share with the cancer patient. (Christian).

Kneier, A. (2010). *Finding Your Way through Cancer: An Expert Cancer Psychologist Helps Patients and Survivors Face the Challenges of Illness.* New York, NY: **Crown Publishing.** Written by a cancer psychologist. Addresses the themes that cancer patients delve into from family to faith, resilience to death.

Marshall, C. A. (2010). *Surviving Cancer as a Family and Helping Co-Survivors Thrive (Disability Insights and Issues)* Santa Barbara, CA: **Praeger.** Addresses the questions and needs of family members of cancer patients. Provides vignettes from a range of cultural and ethnic groups.

HIV/AIDS

Lloyd, B. M. (2010). *Not a Total Waste.* Cheektowaga, NY: **Mosaic Press.** A mother's memoir of the horror of a death.

Donnelly, K. F. (1999). *Recovering from the Loss of a Loved One to AIDS.* New York, NY: **St Martin's Press.** Provides first person accounts for a wide range of losses, reactions, relationships and coping strategies.

Duggan, D. (2000). *Out Here by Ourselves: The Stories of Young People Whose Mothers Have AIDS.* New York, NY: **Garland Pub.** Presents the stories of young people whose mothers have AIDS or have died from the disease and draws out common themes and challenges.

Goldblum, P. & Erickson, S. (1999). *Working with AIDS Bereavement: A Comprehensive Approach for Mental Health Providers.* San Francisco, CA: **UCSF AIDS Health Project**

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

Martin, C. A. (2010). *Reflections of a Loving Partner: Caregiving at the End of Life.* Naples, FL: **Quality of Life Publishing.** A memoir of two devoted partners confronting the challenges of a terminal diagnosis.

Goodbyes and Rituals

Albom, M. (1997). *Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson.* New York, NY: **Broadway Books.** A true story of love (and goodbyes) between a mentee and his mentor, Richard Schwartz who faces a death from ALS.

Anderson, M., & Moore, T. (2003). *Sacred Dying: Creating Rituals for Embracing the End of Life.* Cambridge, MA: **Rev Exp Su Edition.** Offers readers rituals and interactions to soothe and support a dying person as he or she crosses over into death with quotations from the Bible, the Talmud and sacred Tibetan Book of the Dead.

Brayne, S. (2010). *D-Word: Talking About Dying; A Guide for Relatives, Friends and Carers.* London, UK: **Continuum.** Meant to support relatives, friends and caregivers who are coping with the distress and anxiety of someone nearing the end of life, or who has suddenly died.

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).

Menten, T. (1992). *Gentle Closings: How To Say Goodbye To Someone You Love.* Philadelphia, PA: **Running Books Publishers.** Shares the experiences of families of terminally ill patients about how they chose to say "I love you" while there was still time.

Manning, D. (2002). *Building Memories: Planning a Meaningful Cremation. (2nd Edition).* Oklahoma City, OK: **In Sight Books.** Written by a former minister, the book explains the importance of planning and personalizing a cremation, and offers suggestions. (Christian).

Manning, D. (2002). *Building Memories: Planning a Meaningful Funeral. (2nd Edition).* Oklahoma City, OK: **In Sight Books.** Written by a former minister, the book explains the importance of planning and personalizing a funeral, and offers suggestions.

Mayo, P. E. (2001). *The Healing Sorrow Workbook: Rituals for Transforming Grief and Loss.* Oakland, CA: **New Harbinger Publications.** Written by a Jungian psychotherapist and social worker. Presents 40 exercises — including mantra chanting, journal writing, and dream decoding.

Wolfelt, A. (2003). *Creating Meaningful Funeral Ceremonies: A Guide for Caregivers.* Fort Collins, CO: **Companion Press.** A guide for clergy and others who help bereaved families plan and carry out authentic funeral rituals. (Christian).

York, S. (2000). *Remembering Well: Rituals for Celebrating Life and Mourning Death.* San Francisco, CA: Jossey-Bass. Written by a Unitarian-Universalist minister, avoids pat religious answers and provides realistic and empathic accounts of the grieving families and the need to ritual especially in the first year of mourning.

Religious and Spiritual Perspectives

Brener, A. (1993). *Mourning & Mitzvah: A Guided Journal for Walking the Mourner's Path Through Grief to Healing.* Woodstock, VT: Jewish Lights Publishing. Directed primarily to Jews. Others may find its hope and growth emphasis helpful. (Judaism)

Hussain, S. (2010). *A Gift for the Bereaved Parent: A Remedy for Grief from the Islamic Perspective Using Quotes from the Qu'ran and Hadith.* London, UK: Ta-Ha Publishers, LTD. A small book offering a Muslim perspective. (Islam).

Kennedy, A. (1997). *Your Loved One Lives Within You.* New York, NY: Berkley Books. Shows mourners how to tap their imagination in order to create a new inner relationship with a lost one and use it to seek healing, resolution, and guidance from the deceased. (Non-denominational).

Klaggs, D. (1999). *The Spiritual Lives of Bereaved Parents. The Series in Death, Dying, and Bereavement.* New York, NY: Routledge. Written by a psychotherapist. Describes how parents lose, find or relocate spiritual anchors after the death of their child. (Based on comparative religion).

Krauss, P. (1988). *Why me? Coping with Grief, Loss, and change.* New York, NY: Bantam Books. A Rabbi Krauss shares his own story of personal challenge and loss and draws on poignant episodes in the lives of patients and families he has counseled to offer hope to people who are dealing with loss. (Judaism)

Kushner, H. S. (1981) *When Bad Things Happen to Good People.* New York, NY: Avon Books. Written by a Rabbi. Reconciles a common Judeo-Christian view of God and causality with a perspective of life that holds a place for randomness and happenstance. (Judaism)

Manning, D. (1984). *Don't take away my grief: What to do when you lose a loved one.* New York, NY: Harper & Row. Practical and religious guidance by a prolific author in the field. (Christian).

Morris Coryell, D. (2007) *Good grief: Healing Through the shadow of loss good grief: Healing through the shadow of loss. (10th edition).* Rochester, VT: Healing Arts Press. Takes a Buddhist perspective on grief and loss. Includes a 60 minute CD. (Buddhism)

Prend, A. D. (1997) *Transcending Loss: Understanding the lifelong impact of grief and how to make it meaningful.* New York: Berkley Books. Focuses on the meaning and transformation that comes from healing. (Christian).

Rupp, J. (2009) *Praying your goodbyes*. Notre Dame, IN: Ave Maria Press. Offers poetic wisdom for healing the heart. (Christian).

Wolff, P. (1979). *May I hate God?* New York, NY: Paulist Press. A Catholic perspective on pain and loss. (Christian).

Surviving the Holidays

De Vried, R. (2001). *The Empty Chair: Handling Grief on the Holidays and Special Occasions*. Grand rapids, MI: Baker Books. Offers a range of practical ideas and meditations and prayers. (Christian)

Manning, D. (2001) *Thoughts for the holidays: Finding permission to grieve*. Oklahoma City, OK: InSight Books. Gives permission to grieve during the holidays and offers ways of coping, remembering and surviving.

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.

Noel, B. (2003). *Surviving Holidays, Birthdays and Anniversaries*. Fort Collins, CO: Companion Press. Shares what to expect and strategies for coping.

Smith, H. I. (1999). *A Decembered Grief: Living with Loss While Others Are Celebrating*. Kansas City, KS: Beacon Hill Press. Short easy to read chapters on how to survive and transform the holidays after the loss of a loved one. (Christian).

Wolfelt, A. (2005) *Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season*. Fort Collins, CO: Companion Press. Organized in brief paragraphs offering practical ideas.

Meditations and Prayers

Kumar, S. M. (2005). *Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss*. Oakland, CA: New Harbinger Publications. Written by a psychologist. Offers a combination of mindfulness meditation techniques and moment-to-moment awareness, along with proven psychological strategies to help readers find ways to cope with events that trigger grief.

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.).

Stillwater, M. (2006). *Graceful Passages: A Companion for Living and Dying (Wisdom of the World.) (2nd Edition).* New World Library. (Audio CD set). Combines a musical score with readings from Catholic, Protestant, and Jewish clergy as well as Native American, Confucian, and Buddhist thinkers, creating a truly multi-faith resource.

Thich Nhat Hanh (2003). *No Death, No Fear: Comforting Wisdom for Life.* New York, NY: Riverhead. Offers a Tibetan Buddhist's perspective on death and dying.

Whitmore Hickman, M. (1994). *Healing After Loss: Daily Meditations for Working Through Grief.* New York, NY: Harper Paperbacks. Offers short inspirational chapters presented in the form of a calendar.

Wolfelt, A. D. & Duvall, K. J. (2009). *Healing your grieving body: 100 physical practices for mourners.* Fort Collins, CO: Companion Press. A guide for coping with the physical distress that accompanies grief.