

## **Bibliography for the Bereaved**

### **Loss and Grief**

*God Knows You're Grieving: Things to Do to Help You Through*, by Joan Guntzelman

*Beyond Grief: A Guide for Recovering from the Death of a Loved One*, by C. Staudacher

*Blessing Life's Losses: Letting Go and Moving On*, by Joan Guntzelman

*Companion to Grief*, by P. Kelley

*The Courage to Laugh: Humor, Hope and Healing in the Face of Death and Dying*, by Allen Klein

*Don't Take My Grief Away: What to Do When You Lose a Loved One*, by Doug Manning

*Getting Back to Life When Grief Won't Heal*, by Phyllis Kosminsky

*A Grief Observed*, by C.S.Lewis

*Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses (Revised Edition)*, by John James and Russell Friedman

*Healing Your Grieving Heart: 100 Practical Ideas*, by Alan Wolfelt

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

*How to Survive the Loss of a Love*, by M. Colgrove, H. Bloomfield, and P. McWilliams

*The Journey Through Grief*, by Alan Wolfelt

*Life After Loss: A Practical Guide to Renewing Your Life after Experiencing Major Loss (4<sup>th</sup> Edition)*, by Bob Deits

*Necessary Losses*, by Judith Viorst

*On Death and Dying*, by Elisabeth Kubler-Ross

*On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss*, by Elisabeth Kubler-Ross

*A Path Through Loss: A Guide to Writing Your Healing and Growth*, by Nancy Reeves

*Remembering with Love: Messages of Hope for the First Year of Grieving and Beyond*, by E. Levang and S. Ilse

*Seasons of the Heart*, by Tom Easthope

*Seven Choices: Taking the Steps to a New Life After Losing Someone You Love*, by E. Neeld

*Teach Me How to Lose*, by Tom Easthope

*The Secret of the Dragonfly: A Story of Hope and Promise*. Gayle Shaw Cramer

*Understanding Grief: Helping Yourself Heal*, by Alan Wolfelt

*When Bad Things Happen to Good People*, by Harold Kushner

### **Men and Grief**

*Into the Cave: When Men Grieve*, by Ronald Petrie

*Swallowed by a Snake: The Gift of the Masculine Side of Healing*, by Thomas R. Golden

*When Men Grieve: Why Men Grieve Differently and How You Can Help*, by Elizabeth Levang

### **After the Sudden Death of a Loved One**

*I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing after the Sudden Death of a Loved One*, by Pamela D. Blair and Brook Noel

*I Wasn't Ready to Say Goodbye: A Companion Workbook for Surviving, Coping, and Healing after the Sudden Death of a Loved One*, by Brook Noel with Pamela Blair

*Living with Grief after Sudden Loss: Suicide, Homicide, Accident, Heart Attack, Stroke*, Edited by Kenneth J. Doka, Ph.D.

### **After the Violent Death of a Loved One ( Including Suicide, Drug Overdose, Death by Vehicular Homicide and Drunk Drivers)**

*A Grief Like No Other: Surviving the Violent Death of Someone You Love*, by Kathleen O'Hara

### **Dealing the the Loss of Someone Who Has Been Killed**

*No Time for Goodbyes: Coping with Sorrow, Anger and Injustice after a Tragic Death (Revised)*, by Janice Lord

### **After Suicide**

*After Suicide*, by John Hewett

*Dying to Be Free: A Healing Guide for Families After a Suicide*, by Beverly Cobain and Jean Larch

*No Time to Say Goodbye: Surviving the Suicide of a Loved One*, by Carla Fine

## **Dealing With the Effects of Crisis on a Personal and Family Level**

*After the Storm: Healing After Trauma, Tragedy, and Terror*, by Kendall Johnson

### **After the Loss of a Child**

*Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies*, by Alan Wolfelt

### **After a Miscarriage**

*About What Was Lost: 20 Writers on Miscarriage, Healing and Hope*,  
Jessica Berger, editor

### **After the Loss of a Spouse**

*I'm Grieving As Fast as I Can: How Young Widows and Widowers Can Cope and Heal*,  
by Linda Feinberg

*Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies*, by Alan Wolfelt

*Surviving the Death of Your Spouse: A Step-by-Step Workbook*, by Deborah Levinson

### **After the Loss of a Parent**

*Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies*,  
by Alan Wolfelt

*Learning to Say Good-bye: When a Parent Dies*, by Eda LeShan

*Never the Same: Coming to Terms with the Death of a Parent*, by Donna Schuurman

### **After the Loss of Both Parents**

*Always Too Soon: Voices of Support for Those Who Have Lost Both Parents*, by Allison Gilbert

*Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone*, by Jane Brooks

### **After the Loss of a Father**

*Fatherless Sons: Healing the Legacy of Loss*, by Jonathon Diamond

*Lost Fathers: How Women Can Heal from Adolescent Father Loss*, by Laraine Herring

*On Love Alone: Words to Heal the Heart on the Death of a Father*, by Jonathon Lazear

### **After the Loss of a Mother**

*In the Letting Go: Words to Heal the Heart on the Death of a Mother*, by Jonathon Lazear

*Motherless Daughters: The Legacy of Loss*, by Hope Edelman

### **After the Loss of a Sibling**

*Healing the Adult Sibling's Grieving Heart: 100 Practical Ideas after Your Brother or Sister Dies*, by Alan Wolfelt

*Sibling Grief: Healing After the Death of a Sister or Brother*, by Pleasant White

*Sibling Loss*, by Joanna H. Fanos (Long-term consequences of chronic illness followed by death of a sibling on adult adjustment)

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

### **Helping a Friend Who's Grieving**

*Healing a Friend's Grieving Heart: 100 Practical Ideas for Helping Someone You Love Through Loss*, by Alan Wolfelt

### **Grief at Work**

*Healing Grief at Work: 100 Practical Ideas after Your Workplace is Touched by Loss*, by Alan Wolfelt

## Bibliography for Children and Teens Who Are Grieving

	<u>Books For Kids</u>	<u>Books for Teens</u>	<u>Title and Author</u>
	X		<i>Aarvy Aardvark Finds Hope (video)</i> . Donna O'Toole
Ages 8-12	X		<i>After You Lose Someone You Love: Advice and Insight from the Diaries of Three Kids Who've Been There</i> . Free Spirit
Ages 6-9	X		<i>Am I Still a Sister?</i> Alicia Sims
Ages 5-10			<i>Ava Meets Amigo, The Teardrop: Helping Children Learn About Grief and Loss and How Best to Deal With It (Story, Discussion Questions, Activities)</i> Betts Gatewood
Ages 4-8	X		<i>Badger's Parting Gifts</i> . Susan Varley
			<i>But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors</i> . Barbara Rubel
Ages 6-10	X		<i>Charlotte's Web</i> . E.B.White
Ages 6-10	X		<i>A Child Remembers: A Write-In Memory Book for Bereaved Children</i> . Enid Traisman
Ages 6-9	X		<i>A Child's Book About Death</i> . Earl Grollman and Joy Johnson
Ages 6-9	X		<i>A Child's Book About Funerals and Cemeteries</i> . Earl Grollman and Joy Johnson
			<i>A Child's View of Grief</i> . Alan Wolfelt (video)
			<i>Children Grieve Too: Helping Children Cope with Grief (video)</i>
		X	<i>The Color of Absence: 12 Stories of Loss and Hope</i> . James Howe
		X	<i>Common Threads of Teenage Grief</i> . By Teens Who Know and Janet N. Tyson
			<i>Creative Interventions for Bereaved Children</i> . Liana Lowensiten
Ages 13 and up		X	<i>Cures for Heartbreak (a novel)</i> . Margo Rabb
	X		<i>Don't Despair on Thursdays: The Children's Grief Management Book</i> . Adolph Moser
		X	<i>Facing Change: A Book About Loss and Change for Teens</i> . Donna O'Toole
Ages 3- 6	X		<i>The Fall of Freddie the Leaf</i> . Leo Buscaglia
Ages 9- 12	X		<i>Finding a Way Through When Someone Close Has Died: What It Feels Like and What You Can Do to Help Yourself</i> . Pat Mood and Lesley Whittaker

	<u>Books For Kids</u>	<u>Books for Teens</u>	<u>Title and Author</u>
		X	<i>Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss.</i> Enid Samuel Traisman
Ages 4-8	X		<i>Gentle Willow: A Story for Children About Dying (2<sup>nd</sup> Edition).</i> Joyce Mills
Ages 5-8	X		<i>Goodbye Forever: Bereavement Activity Book.</i> Jim & Joe Boulden
Ages 4-8	X		<i>Goodbye Mousie.</i> Robbie Harris, Illustrated by Jan Ormerod
Ages 2-5	X		<i>Grandma's Gone to Live in the Stars.</i> Max Haynes
All ages	X		<i>Grandpa Loved.</i> Josephine Nobisso, Illustrated by Maureen Hyde
			<i>The Grieving Child: A Parents Guide.</i> Helen Fitzgerald
		X	<i>The Grieving Teen: A Guide for Teenagers and Their Friends.</i> Helen Fitzgerald
			<i>Guiding Your Child Through Grief.</i> Mary Ann Emswiler & James Emswiler
			<i>Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends, and Caregivers.</i> Alan Wolfelt
			<i>Healing a Teen's Grieving Heart: 100 Practical Ideas for Families, Friends, and Caregivers.</i> Alan Wolfelt
Ages 6-12	X		<i>Healing Your Grieving Heart for Kids: 100 Practical Ideas.</i> Alan Wolfelt
		X	<i>Healing Your Grieving Heart for Teens: 100 Practical Ideas.</i> Alan Wolfelt <i>The Healing Your Grieving Heart for Journal for Teens.</i> Alan Wolfelt
Ages 4-8	X		<i>Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies.</i> Janis Silverman
			<i>Helping Children Cope with Separation and Loss.</i> Claudia Jewett Jarratt
			<i>How Do We Tell the Children: A Step-by-Step Guide for Helping Two to Teen Cope When Someone Dies.</i> Dan Schaefer & Christine Lyons
Ages 4-10	X		<i>I Don't Have an Uncle Phil Anymore.</i> Marjorie White Pellegrino
Ages 5-8	X		<i>I Heard Your Daddy Died.</i> Mark Scrivani
Ages 5-8	X		<i>I Heard Your Mommy Died.</i> Mark Scrivani

	<u>Books For Kids</u>	<u>Books for Teens</u>	<u>Title and Author</u>
Ages 4-7	X		<i>I Miss You: A First Look at Death.</i> Pat Thomas
			<i>I Will Remember You: What to Do When Someone You Love Dies (A Guidebook Through Grief for Teens).</i> Laura Dower
Ages 4-8	X		<i>I Wish I Could Hold Your Hand: A Child's Guide to Grief and Loss.</i> Pat Palmer
			<i>Keys to Helping Children Deal With Death and Grief.</i> Joy Johnson
Ages 3-8	X		<i>Lip Lap's Wish.</i> Long, Jonathan
Ages 3-6	X		<i>Lifetimes: A Beautiful Way to Explain Death to Children.</i> Mellonie & Ingpen
			<i>Lighthouse: A Story of Remembrance.</i> Rober Munsch, Illustrated by Janet Wilson
Ages 8 and up	X		<i>Michael Rosen's Sad Book.</i> Michael Rosen, Illustrated by Quentin Blake
Ages 5-8	X		<i>Molly's Mom Died: A Child's Book of Hope Through Grief.</i> Margaret Holmes
Ages 4-10			<i>"Mommy, What's 'Died'?" The Butterfly Story (with Discussion Questions).</i> Linda Gill
	X		<i>My Always Memories: A Memory Book.</i> Cheryl Hall-Kippen
Ages 4-8	X		<i>My Daddy's Cancer: An Interactive Book for Children.</i> Cindy Klein Cohn & John Heiney
Ages 6-9	X		<i>Nana Upstairs and Nana Downstairs.</i> Tomie de Paola
			<i>Preparing the Children: Information and Ideas for Families Facing Terminal Illness and Death.</i> Kathy Nussbaum
	X		<i>Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss.</i> Michaelene Mundy
Ages 6-9	X		<i>The Saddest Time.</i> Norma Simon
Ages 4-8	X		<i>Someone Special Died.</i> Joan Singleton Prestine
			<i>Standing Tall: A video About Teen Grief.</i> Centering Corporation

	<u>Books For Kids</u>	<u>Books for Teens</u>	<u>Title and Author</u>
			<i>Still Here with Me: Teenagers and Children on Losing a Parent.</i> Suzanne Sjoqvist, editor
			<i>Talking About Death: A Dialogue Between Parent and Child.</i> Earl Grollman
			<i>Talking with Children About Loss: Words, Strategies, and Wisdom to Help Children Cope with Death, Divorce, and Other Difficult Times.</i> Maria Trozzi
			<i>Talking with Children and young People About Death and Dying (2<sup>nd</sup> edition).</i> Mary Turner
			<i>Tear Soup: A Recipe for Healing After Loss .</i> Pat Schwiebert and Chuck DeKlyen Spanish and English version
			<i>Teens, Loss, and Grief: The Ultimate Teen Guide.</i> Edward Myers, Illustrated by Kelly Adams
			<i>Thank You for Coming to Say Goodbye: A Video to Help Children of All Ages Understand, Grieve, and Pay Tribute to the Person Who No Longer Lives.</i> Centering Corporation
			<i>The Secret of the Dragonfly: A Story of Hope and Promise.</i> Gayle Shaw Cramer
			<i>Tear Soup.</i> Pat Schweibert
			<i>25 Things to Do.. When Grandpa Passes Away... Mom and Dad Get Divorced... or the Dog Dies: Activities to Help Children Suffering Loss or Change.</i> Laurie Kanyer
			<i>What Children Need When They Grieve – The Four Essentials: Routine, Love, Honesty, and Security.</i> Julia Rathkey
			<i>What Does That Mean? A dictionary of Death, Dying, and Grief Terms for Grieving Children and Those Who Love Them.</i> Joy Johnson and Harold Ivan Smith.
			<i>When a Parent Has Cancer: A Guide to Caring for Your Children.</i> Wendy Schlessel Harpham
			<i>When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving and Other Losses.</i> John James and Russell Friedman
			<i>Write from Your Heart: A Healing Grief Journal.</i> Katherine Peterson



## **When a Loved One is Seriously Ill or Dying**

### **Helping a Parent Deal with a Serious Illness**

*How to Help Children Through a Parent's Serious Illness: Supportive, Practical Advice from a Leading Child Life Specialist*, by Kathleen McCue

*Preparing the Children: Information and Ideas for Families Facing Terminal Illness and Death*, by Kathy Nussbaum

*Raising an Emotionally Healthy Child When a Parent Is Sick*, by Paula Rauch and Anna Muriel

*When a Parent Has Cancer: A Guide to Caring for Your Children*, by Wendy Schlessel Harpham

### **When a Loved One is Dying**

*Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying*, by Patricia Kelley and Maggie Callahan

*The Helper's Journey: Working with People Facing Grief, Loss, and Life-Threatening Illness*, by Dale Larson

*One You Love is Dying: 12 Thoughts to Guide You on the Journey*, by James E. Miller

*Saying Goodbye to Someone You Love: Your Emotional Journey through End-of-Life and Grief*, by Norine Dresser

*When Bad Things Happen to Good People*, by Harold Kushner

*When Someone You Love is Dying: Making Wise Decisions at the End of Life*, by David Clark

## **Prayers**

### **For Caregivers:**

*Prayers for Caregivers*, by Joan Guntzelman

*May I Walk You Home? : Courage and Comfort for Caregivers of the Very Ill*, Stories by Joyce Hutchison, Prayers by Joyce Rupp

### **During Illness:**

*Come Healing God: Prayers During Illness*, by Joan and Lou Guntzelman

## Where to find Help Online

Grief Watch/ Perinatal loss [www.griefwatch.com](http://www.griefwatch.com)

National Share Office -national group for parents experiencing pregnancy loss. [www.nationalshare.com](http://www.nationalshare.com)

The Compassionate Friends (TCF) death of child  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

Parents of Murdered Children (POMC) [www.pomc.com](http://www.pomc.com)

Centering Corporation - any type of loss [www.centering.org](http://www.centering.org)

The Dougy Center -Grieving children and teens [www.dougy.org](http://www.dougy.org)

Kidsaid- grieving kids <http://kidsaid.com>

Growth House -“best of the net” resources for grief

Web Healing [www.webhealing.com](http://www.webhealing.com)

AARP [www.aarp.org/griefandloss](http://www.aarp.org/griefandloss)

A Place to Remember - pregnancy or baby death  
[www.aplacetoremember.com](http://www.aplacetoremember.com)

Association of Pet Loss and Bereavement [www.aplb.org](http://www.aplb.org)

The Mental Health Net Directory - therapist in the area  
[www.mentalhelp.net](http://www.mentalhelp.net)

Grief Net [www.griefnet.org](http://www.griefnet.org)