

Suggested Reading List:

Don't Take My Grief Away: How to Walk Through Grief and Learn to Live Again (Douglas Manning, 2013) Manning's warm, conversational style takes the reader through all the emotions and experiences that accompany the death of a loved one.

Hope for Bereaved: Understanding, Coping and Growing Through Grief (Therese S. Schoeneck, 2001) This book was written by bereaved people for bereaved people who have experienced the death of an infant, child, spouse, parent, sibling, relative or friend by accident, (illness including AIDS), murder and suicide. It contains realistic, helpful articles.

How to go on Living When Someone you Love Dies (Therese A. Rando, 1991) In this compassionate, comprehensive guide, Rando, Ph.D., bereavement specialist and author of *Loss And Anticipatory Grief*, leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.

Living When a Loved One Has Died (Revised) (Earl A. Grollman, 1995) Grollman explains what emotions to expect when mourning, what pitfalls to avoid, and how to work through feelings of loss. Suitable for pocket or bedside, this gentle book guides the lonely and suffering as they move through the many facets of grief, begin to heal, and slowly build new lives.

Losing Someone You Love: When A Brother or Sister Dies (Elizabeth Richter, 1986) Sixteen young people ranging in age from ten to twenty-four describe the fears, sorrow, and other emotions they experienced when a brother or sister died.

Motherless Daughters (Hope Edelman, 2006) Building on interviews with hundreds of mother-loss survivors, this life-affirming book is newly expanded to reflect the author's personal experience with the continued legacy of mother-loss; now married and a mother of young children herself, Edelman better understands how the effects of mother-loss change over time and in light of new relationships

On Grieving the Death of a Father (Harold Ivan Smith, 1994) Not many books have been written to help the grieving son or daughter deal with the new reality of a deceased father. Smith has combined personal stories from Frederick Buechner, Norman Vincent Peale, Corrie ten Boom, James Dobson, and many other well-known people to help others through their grieving process.

The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents (Alexander Levy, 2000) Levy validates the wide array of disorienting emotions that can accompany the death of our parents by sharing both the author's experience of loss and the moving stories of countless adults who have shared their losses with him.

Swallowed by a Snake: The Gift of the Masculine Side of Healing (Thomas R. Golden, 2010) This book, for men and women, is about the masculine side of healing from loss. It is

meant to be a map and a guide through the experience of loss. It will help you move through the pain of loss and into a place of healing and transformation.

A Time to Grieve: Meditations for Healing After the Death of a Loved One (Carol Staudacher, 1994) A collection of truly comforting, down-to-earth thoughts and meditations -- including the authentic voices of survivors -- for anyone grieving the loss of a loved one.

Tear Soup: A Recipe for Healing After Loss (Pat Schwiebert and Chuck DeKlyen, 2005) This book will validate your grief experience, and you can share it with your children.

When Bad Things Happen to Good People (Harold S. Kushner, 2004) When Harold Kushner's three-year-old son was diagnosed with a degenerative disease and that he would only live until his early teens, he was faced with one of life's most difficult questions: Why, God? Years later, Rabbi Kushner wrote this straightforward, elegant contemplation of the doubts and fears that arise when tragedy strikes.

When Your Spouse Dies: A Concise and Practical Source of Help and Advice (Cathleen L. Curry, 1990) This book deals with a variety of practical concerns for those who have lost their mates to death, including stages of grief for adults and children, mourning, loneliness, sexuality, networks of support, financial priorities and planning, good health practices, and healing.

For Children and Teens

How are you Peeling? (Saxton Freymann & Joost Elffers, 1999). Children identify different emotions with the expressive "faces" of fruits and vegetables.

When Dinosaurs Die (Laurie Krasny Brown and Marc Brown, 1996). A picture book that explains in simple language the feelings people may have regarding the death of loved ones and ways to honor their memory.

When a Friend Dies (Marilyn E. Gootman, 2005). This user friendly book speaks simply and directly to anyone who has suffered the loss of a friend. It also addresses loss by violence.

Fire in My Heart, Ice In My Veins (Enid Samuel-Traisman, 2002). A journal for teenagers who have experienced a loss. This workbook offers opportunities to assist students through their grief or allow them to process feelings on their own.