



BOOK LIST

There are many fine books concerning grief and loss. We have listed a few here, which may help you and your family with your grief process.

Not Specific to the Type of Loss:

Deits, Bob. **Life After Loss: A Personal Guide Dealing with Death, Divorce, Job Change, and Relocation.** Fisher Books, 1988.

A guide to what is "normal" when you grieve a variety of losses.

Grollman, Earl. **Living When a Loved One Has Died.** Boston: Beacon Press, 1977.

Fast easy reading in poetry form. An inspirational book covering the stages of grief, the symptoms, and affirms the healing normalcy of the grief process.

James, John W. and Cherry Frank. **The Grief Recovery Handbook.** Harper Perennial, 1988.

Easy reading with practical advice.

Kolf, June Cerza. **When Will I Stop Hurting.** Grand Rapids, Michigan: Baker Books, 1987.

Creative, practical, and professional advice on how to deal with the side effects of grief, handling holidays, and how to heal.

Kushner, Harold S. **When Bad Things Happen to Good People.** New York: Hearst Corp., 1981.

A classic written by a Rabbi when coping with his daughter's fatal illness. Helps come to terms with the question "why me?"

Levang, Elizabeth Ph.D. and Ilse Sherokee. **Remembering with Love.** Minneapolis, MN: Fairview Press, 1992.

Short informational stories to help understand different parts of the grief experience.

Manning, Doug. **Don't Take My Grief Away.** New York: Harper and Row, 1984.

A practical guide and handbook that expresses the naturalness of grief and how to move through it while confronting forced change.

Schwiebert, P. and DeKlyen, C. **Tear Soup: A Recipe for Healing After Loss.** Portland, Oregon: Grief Watch.

A book you will find in the children's section that has wise words for all age groups. It is easy to understand and not loss specific.

Tatelbaum, Judy. **The Courage to Grieve.** New York: Lippincott and Crowell, 1980.

A self-help book about surviving a variety of grief/loss situations. Techniques for "finishing grief" which are helpful.

Viorst, Judy. **Necessary Losses**. Ann Arbor, MI: Great Lakes Book Service, 1987.
A long time bestseller on how to grow and change as a result of loss.

Westberg, Granger E. **Good Grief**. Philadelphia: Fortress Press, 1962.
A long time bestseller on how grief can be overwhelming.

For Widows:

Dr. Brothers, Joyce. **Widowed**. New York: Ballantine Books, 1990.
Dr. Brothers shares her experiences after her husband of 30 years died.

Feinberg, Linda. **I'm Grieving As Fast As I Can. How Young Widows and Widowers Can Cope and Heal**. Far Hills. New Jersey: New Horizon Press. 1994.
Great book for young widows/widowers as this book looks at how life changes after the death of a young spouse.

Lewis, C.S. **A Grief Observed**. New York: Seabury Press, 1961.
A vivid description of the author's thoughts and feelings in reaction to his wife's death from cancer.

For Adults Whose Parent(s) Have Died:

Akner, Lois F., C.S.W. **How to Survive the Loss of a Parent**. New York: Quill-William Morrow. 1993.
This book is based on the author's experience with adult support groups.

Simon, Clea. **Fatherless Women: How We Change After We Lose Our Dads**. Hoboken, New Jersey: John Wiley & Sons.
A book for women who have lost their father as an adult. She uses personal experience as an example of how the death of your father affects your entire person.

Smith, Harold Ivan. **On Grieving the Death of a Father**. Minneapolis, MN: Fortress Press.
Easy to read and understand, the author provides first hand information regarding his grief experience with reflections from others who have grieved their fathers.

Spiritual:

Guntzelman, Joan. **God Knows You're Grieving: Things to Do to Help You Through**. Ave Maria Press, 2001.
A great spiritual resource

Guntzelman, Joan. **Blessed Grieving: Reflections on Life's Losses**. St. Mary's Press, 1995.
16 reflections to help you grieve.

McCurlley, Foster R. and Weitzman, Alan G. **Making Sense Out of Sorrow: A Journey of Faith**. Trinity Press Intl. 1995.
Addresses issues from the Jewish and Christian perspectives.

Specifically for Men:

Chetnik, Neil. **Father Loss: How Sons of All Ages Come to Terms with the Deaths of Their Dads.** New York: Hyperion, 2001.

A great book for men and the people who love them. The book is broken down by age group and does not need to be read in order.

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

Gaithersburg, MD: Golden Healing Publishing, 2000.

For men and women about the masculine side of healing after a loss.

Miller, J.E. and Golden, T.R. **When a Man Faces Grief / A Man You Know is Grieving.** Fort Wayne, IN: Willowgreen Publishing, 1998.

A two part book with great ideas and insight into how men grieve.

For Children:

Edelman, Hope. **Motherless Daughters: The Legacy of Loss.** Reading, MA: Addison-Wesley, 1994.

Primary focus on female adolescent grief, but offers insight for daughters of all ages.

Grollman, Earl. **Straight Talk About Death for Teenagers.** Boston: Beacon Press, 1993.

Written for teenagers.

Schwiebert, P. and DeKlyen, C. **Tear Soup: A Recipe for Healing After Loss.** Portland, Oregon: Grief Watch.

A book you will find in the children's section that has wise words for all age groups. It is easy to understand and not loss specific.

Miscellaneous:

Olson, Marsha. **A Garden of Love and Healing: Living Tributes to Those We've Loved and Lost.** Fairview Press, 2002

A book for gardeners who are creating a lasting tribute to the one who died.

Schiff, Harriet Sarnoff. **The Bereaved Parent.** New York: Crown Publisher, 1977.

For those who are in the pain and turmoil of grief after a child's death. Describes the effect upon the entire family network. Provides sensitive guidelines and practical step-by-step suggestions on coping with bereavement.

Wolfelt, Alan. **Healing a Friend's Grieving Heart: 100 Practical Ideas.** Fort Collins, CO:

Companion

Press, 2001.