

## Books to Help Grieving Adults

### General:

- **Good Grief: Healing Through The Shadow Of Loss** ~ Deborah Morris Coryell. (1997)
- **Good Grief** ~ Granger G. Westburg (1979)
- **Healing After Loss: Daily Meditations for Working Through Grief** ~ Martha Hickman. (1999).
- **When There Are No Words: Finding Your Way to Cope with Loss** ~ Charlie Walton. (1996)
- **Chicken Soup for the Grieving Soul: Stories about Life, Death, and Overcoming the Loss of a Loved One** ~ Jack Canfield & Mark Hansen. (2003)
- **Remembering With Love: Messages of Hope for the First Year of Grieving and Beyond** ~ Elizabeth Levang & Sherokee Ilse. (1996)
- **A Grief Observed** ~ CS Lewis (2001)
- **Awakening From Grief: Finding the Way Back to Joy** ~ John Welshons & Wayne Dyer (2003)
- **Healing Grief: Reclaiming Life After Any Loss** ~ James Van Praagh (2001)
- **Conquering the Mysteries and Lies of Grief** ~ Sherry Russell (2002)
- **Grief's Courageous Journey: a Workbook** ~ Peg Elliott Mayo & David Feinstein (2001)
- **The Healing Sorrow Workbook** ~ Peg Elliott Mayo & David Feinstein (2001)

- **Writing to Heal the Soul: Transforming Grief and Loss Through Writing** ~ Susan Zimmermann (2002)
- **A Season of Grief: A Comforting Companion For Difficult Days** ~ Ann Dawson (2002)
- **Understanding Grief: Helping Yourself Heal** ~ Alan Wolfelt (1992)
- **Beyond Grief: A Guide for Recovering From the Death of a Loved One** ~ Carol Staudacher (1987)
- **On Death and Dying** ~ Elisabeth Kubler-Ross (1997)

### Sudden Loss:

- **I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One** ~ Brook Noel & Pamela D. Blair (2000)
- **How to Go On Living When Someone You Love Dies** ~ Therese Rando (1991)
- **Living With Grief: After Sudden Loss, Suicide, Homicide, Accident, Heart Attack, Stroke** ~ Kenneth Doka (1996)

### Death of Adult Child:

- **The Death of Adult Children Through the Eyes of Grieving Parents** ~ Ron Gaber & Jeana Bacon (1999)
- **The Death Of An Adult Child: A Book For And About Bereaved Parents** ~ Jeanne Webster Blank (1997)

### Spouse:

- **Finding Your Way After You Spouse Dies** ~ Marta Felber (2000)
- **Getting to the Other Side of Grief: Overcoming the Loss of a Spouse** ~ Susan Zonnebelt-Smeenge & Robert Devries (1998)
- **Widow to Widow: Thoughtful, Practical Ideas For Rebuilding Your Life** ~ Genevieve Davis Ginsburg (1999)
- **I'm Grieving as Fast as I Can: How Young Widows and Widowers Can Cope and Heal** ~ Linda Sones Feinberg (1994)
- **Being A Widow** ~ Lynn Caine (1990)
- **Widowed** ~ Dr. Joyce Brothers (1992)

### Suicide:

- **No Time To Say Goodbye: Surviving the Loss of a Loved One** ~ Carla Fine (1999)
- **Healing After the Suicide of a Loved One** ~ Ann Smolin (1993)
- **Standing in the Shadow: Help and Encouragement for Suicide Survivors** ~ June Cerza Kolf (2002)
- **Night Falls Fast: Understanding Suicide** ~ Kay Redfield Jamison (2000)

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### Websites:

[www.griefandhealing.org](http://www.griefandhealing.org) ~ Center for Grief and Healing

[www.widownet.org](http://www.widownet.org) ~ WidowNet

[www.griefnet.org](http://www.griefnet.org) ~ GriefNet

[www.beyondindigo.com](http://www.beyondindigo.com) ~ Beyond Indigo

[www.hospicenet.org](http://www.hospicenet.org) ~ HospiceNet

[www.nh.gov/nhsl/frc](http://www.nh.gov/nhsl/frc) ~ The Family Resource Connection

### Adult Loss of Parent(s):

- **When Parents Die: A Guide for Adults** ~ Edward Myers (1997)
- **Finding Your Way After Your Parent Dies** ~ Richard Gilbert & Darcie Sims (1999)
- **The Orphaned Adult: Understanding and Coping With Grief and Change After the Death of Our Parents** ~ Alexander Levy (2000)
- **Nobody's Child Anymore: Grieving, Caring and Comforting When Parents Die** ~ Barbara Bartocci (2000)
- **Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone** ~ Jane Brooks (1999)
- **Losing Your Parents, Finding Yourself: The Defining Turing Point of Adult Life** ~ Victoria Secunda (2001)
- **Motherless Daughters: The Legacy of Loss** ~ Hope Edelman (1995)
- **The Death of a Parent: Reflections for Adults Mourning the Loss of a Father or Mother** ~ Delle Chatman & William Kenneally (2003)
- **On Grieving the Death of a Father** ~ Harold Ivan Smith (1994)
- **Fatherless Women** ~ Clea Simon (2002)
- **Fatherloss: How Sons of All Ages Come to Terms with the Deaths of Their Dads** ~ Neil Chethik (2001)
- **She Loved Me, She Loved Me Not: Adult Parent Loss After a Conflicted Relationship** ~ Linda Converse (2001)