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Books and resource material may be found through national websites, grieving library sites & resource centers, public and academic libraries and new and used book dealers. Not all books are still in print, but can often be found through these sources.

The information contained in this *Grieving Resource Guide* is for general information purposes only.

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Grieving Resource

A Guide to Books and Other References 2017

FICTION BOOKS FOR CHILDREN

TO READ ALONE OR WITH ADULTS

Death of a Child (Including Sibling or Friend)

Alexander, Sue

Nadia the Willful, Pantheon Books, 1992

After Nadia's older brother dies, she intentionally talks about him to aid in her father's recovery.

Ages 6-10

Blackburn, Lyan

Timothy Duck, Centering Corporation, 1987

Timothy Duck shares his feelings after his friend gets sick and dies.

Ages 5-8

Bunting, Eve

Rudi's Pond, Clarion Books, 1999

A group of school children respond to the illness and death of the narrator's best friend, Rudi, by helping to build a pond in his memory. Based on a true story.

Preschool to Grade 3

Cohn, Janice

I Had a Friend Named Peter, W. Morrow, 1987

Sensitively pictures the pain experienced by a child following a friend's death, including fears and nightmares. The parents affirm that sorrow and tears are acceptable.

Ages 4-9

Fisher, Fred

A Punkin in the Frost, Caninium Phate, 1992

Eddie and Diane are ten year olds who plan to grow up together. Diane dies in an accident and now Eddie has to say good-bye.

Grades 3-6

Gryte, Marilyn

No New Baby, Centering Corp., 1988

After her unborn sibling dies, a young child tells how she feels about the baby's death.

Young children

Kaldhol, Marit, & Oyen, Wenche

Goodbye Rune, Kane/Miller, 1987

Parents help a grieving child when her friend drowns.

Ages 5-12

Kübler-Ross, Elizabeth

Remember the Secret, Celestial Arts, 1995

This book describes the story of love and faith between two children as they deal with death.

Ages 5-10

Park, Barbara

Mick Harte Was Here, Knopf, 1995

A sister faces the sorrow of losing her brother from a bicycle accident when he was not wearing his helmet. Addresses guilt and proactive prevention.

Ages 7-13

Paterson, Katherine

Bridge to Terabithia, Crowell, 1997

Shows the struggle faced by an eleven-year-old boy when his best friend dies. Includes his denial, bargaining, guilt, eventual acceptance and reintegration.

Ages 7-13

Death of an Adult

Bunting, Eve

The Memory String, Clarion, 2000

When Laura loses a bead from the necklace of memories that recalls her deceased mother, her stepmother Jane finds it. Laura learns how others share her loss.

Ages 4-7

Cavin, Vicky

A Chair Full of Heart, Hara, 1998

Daughter whose mother is dying of cancer relates strategies by which both meet her death with love. A read-aloud book illustrated with three generations of women.

Ages 7-12

Clifton, Lucille

Everett Anderson's Goodbye, Henry Holt, 1983

Award-winning poetic story of how a young boy moves through all the stages of grieving, especially anger, when his father dies. For any young child dealing with death.

Ages 3-8

Frost, Dorothy

DAD! Why'd You Leave Me?, Herald Press, 1992

Ten-year-old Ronnie cannot understand why his father died.

Demonstrates questions children feel with loss.

Ages 8-12

Gregory, Valiska

Through the Mickle Woods, Little, Brown, 1992

Three stories shared between a widower and a child show moving from grief towards healing.

Ages 7-12

Jordan, Mary Kate

Losing Uncle Tim, Albert Whitman, 1989

Tenderly shows the affection shared between an adult and child as the adult's health declines from AIDS.

Ages 9 and up

Jukes, Mavis

Blackberries in the Dark, Knopf, 1985

After the death of his grandfather, Austin and his grandmother create new memories while holding onto old ones.

Grades 3-6

Klein, Lee

The Best Gift for Mom, Paulist Press, 1995

Jonathan's special Christmas gift for his mom demonstrates how love and concern can help any family to carry on and thrive.

Ages 5-12

Lanton, Sandy

Daddy's Chair, Lantern Press, 2013

Poignant family encounter in grieving the loss of a father through dialogue with an inquisitive child and sensitive mother. Compassionately illustrates Jewish Shiva week.

Ages 6-10

Levine, Jennifer

Forever In My Heart, Compassion Books, 1992

A sensitive story to help children be involved as a parent passes away.

Ages 6-10

Marsh, Bridget

Animal Crackers: A Tender Book About Death & Funerals & Love, Centering Corporation, 1997-98
This book explores aging, memory loss and a special kind of love when a young child's Nanny must go to a nursing home and later dies.
Grades 3-6

Parent, Relative or Friend

Bahr, Mary

If Nathan Were Here, Eerdman Books, 2000
A boy has lost his best friend. His teachers suggest making a memory box to remember his friend.
Grades K-3

Baughner, Bob, Ph.D.; Garl, Linda Wong; & Baughner, Kristina J.

Death Turns Allie's Family Upside Down, Caring People Press, 1999
Gives observations from the family's pet cat Allie as they deal with the Grandmother's sudden death. It includes information on how to begin conversations with children and is in a church setting with casket funeral.
Grades K-5 b_kbaughner@yahoo.com

Blackburn, Lynn B.

Class in Room 44, Centering Corp, 1991
This story describes reactions of children when their friend is killed in a car accident.
Grades K-5

Byars, Betsy

Good-bye Chicken Little, Harper Collins, 1979
Jimmy Little is scared ever since his father died. He nicknames himself "Chicken Little". Then he sees his Uncle die. With the help of his wacky family, he learns to celebrate their lives and chase away "Chicken Little".
Grades 1-4

L'Engle, Madeline

A Ring of Endless Light, Bantam Doubleday Dell, 1995
The cycle of life and death becomes a difficult burden for sixteen-year-old Vicky Austin as she watches her grandfather who is dying from cancer.
Grades 6-12

Spelman, Cornelia

After Charlotte's Mom Died, Albert Whitman & Company, 1996
Charlotte's mom died six months earlier in a car accident. This story depicts how she struggles with her emotions and ways she learns to express them.
Grades K-2

General - Understanding Loss

Ancona, George

Pablo Remembers, Harper Collins, 1993
This is a beautifully illustrated book depicting the Mexican festival of the Day of the Dead, celebrating loved ones' lives each year.
Grades K-3

Buscaglia, Leo

Fall of Freddie the Leaf, Henry Holt, 1984
Gives a visual picture of life cycles, including death.
Ages 3-7 or all ages

Dodge, Nancy

Thumpy's Story: The Story of Grief and Loss Shared by Thumpy the Bunny, Prairie Lark Press, 1984
A great resource for children depicting the story of Thumpy's sister who was not strong enough to continue living.
Ages 5-12

Goldman, Linda

Children Also Grieve, Jessica Kingsley Publisher, 2005
Story of young children and the death of their grandfather as told by two Tibetan terriers. Has section for adults to help children.
Ages 3 and up

Hanson, Warren

The Next Place, Waldman House Press, 2002
A comforting journey where earthly hurts are left behind, above all a celebration of life.
Preschool and up

Joslin, Mary

The Goodbye Boat, Lion Publishing, 2005
Provides the message that good-byes are painful, but there is hope that comfort will return and that death may bring a brighter place. Use to start discussions.
Families

Simon, Norma

The Saddest Time, Albert Whitman & Company, 1986

Three stories of how children deal with the death of someone close: a classmate in a car accident, an uncle and a grandfather. Through words and multicultural drawings, children learn to express caring and concern.

Grades 1-4

Thomas, Pat

I Miss You: A First Look at Death, Barron's Educational Series, 2001

Book helps young children understand death is part of life and better understand their feelings of loss and grief.

Ages 3 and up

www.sesamestreetcommunities.org

Site lists activities and resources for various younger children.

Death of a Pet

(Books dealing with the death of a pet can facilitate not only the encounter of the pet's death, but that of any loved one.)

Brown, Margaret W.

The Dead Bird, Harper Collins, 2016

Provides images of sorrow and innocence as children hold services for a dead bird.

Ages 3-8

Harris, Robie

Goodbye Mousie, Aladdin Publishers, 2016

This sensitive book shows the sadness of a boy after the death of his pet mouse and how the family joins to grieve and celebrate the mouse's life.

Ages 4-7

Heegaard, Marge

Saying Goodbye to Your Pet, Fairview Press, 2001

This is a workbook for children to work through their feelings after their pet dies.

Ages 5-10

Rosen, Michael J.

Bonesy and Isabel, Harcourt Brace, 1995

A family surrounds a dying pet with love, and finds room to love another pet.

Ages 6-12

Rylant, Cynthia

Dog Heaven, Blue Sky, 1995

Colorfully depicts a joyful afterlife while acknowledging a survivor's pain.

Ages 4-7

Varley, Susan

Badger's Parting Gifts, Harper Collins, 1992

Book pictures a tunnel of death with gifts left by the departed pet.

Ages 4-9

Viorst, Judith

The Tenth Good Thing About Barney, Atheneum, 1987

Provides a positive model for remembering and grieving.

The child is renewed.

Ages 5-9

White, E. B.

Charlotte's Web, Harper and Row, 1967

The cycle of life and death are sensitively portrayed through the view of farm animals.

Ages 6-12

**NON-FICTION BOOKS FOR
CHILDREN & FAMILIES**

MacGregor, Molly

The Sky Goes On Forever, Dawn Horse, 1989

Ideal book to give any child who has lost someone close to them or has wondered about death. It answers questions such as what are living and dying things, why does everyone die, and others.

Ages 4-9

O'Toole, Donna

Aarvy Aardvark Finds Hope, Compassion Books, 1989

Story to help young children find hope after a loss.

Ages 4-9

Sheppard, Caroline

Brave Bart, TLC, 1998

This is an appropriate story for children who have been traumatized and are grieving.

Ages 5-8

Loss of a Parent

Akner, Lois

How to Survive the Loss of a Parent, Wm. Morrow, 1993

A guide for adults who are grieving the loss of a parent.

Adults

Bartocci, Barbara

Nobody's Child Anymore, Sorin Books, 2000

The author gives a comprehensive overview from caring for a dying parent to finding new meaning beyond grief.

Adults

Chethik, Neil

Fatherloss: How Sons of All Ages Come to Terms with the Deaths of Their Dads, Hyperion, 2001

Based on interviews, the author describes the way men deal with their fathers' deaths.

Families, especially men

Commins, Patricia

Remembering Mother, Finding Myself, HCI, 1999

This book helps with the difficult emotions of loss and anger to acceptance and healthy relationships after loss of one's mother.

Adults & Late Teens

Douglas, Eileen

Rachel and the Upside Down Heart, Price Stern Sloan, 1990

True story of four-year-old Rachel and the effects of her father's death.

Ages 5-9

Edelman, Hope

Motherless Daughters, DaCapo Books, 2014

Answers the question, "How does the death of a mother affect a daughter's childhood?" Expert opinions from psychologists, psychoanalysts, and experts in grieving.

Adults & teens

Gilbert, Richard B. & Sims, Darcie

Finding Your Way after Your Parent Dies, Ave Maria Press, 1999

Provides inspiration and hope for adults after a parent dies.

Adults

Jonah, Stephanie

Transitions Along the Way, Visions, 1999

A guide for children and young adults explaining the dying process.

Ages 8 and up

Kennedy, Alexandra

Losing A Parent, Harper San Francisco, 1991

Author shares her own story of facing the loss of a parent and offers innovative strategies for healing and transformation.

Adults & teens

Kremetz, Jill

How It Feels When a Parent Dies, Knopf, 1988

Eighteen sensitive yet honest dialogues with children 7-16 who have lost a parent. Photographs promote adult-child dialogue. Classic.

Ages 10-13

LeShan, Eda

Learning to Say Goodbye When a Parent Dies,

Avon, 1988

Provides a sequence of concepts facilitating grieving, including stories of how children's needs can be better met. Promotes growth.

Ages 8-Adult

Marshall, Fiona

Losing a Parent, Spock Publisher, 2011

A guide to grieving the loss of a parent for grown offspring.

Adults

McNamara, Jill

My Mom is Dying, Augsburg Fortress, 1994

A young girl's diary after learning her mom is dying. Contains discussion sections for parents.

Ages 5-9

Myers, Edward

When Parents Die, Penguin, 1997

Compassionate advice on coping with the death of a parent. Topics range from psychological responses, such as shock, depression, and guilt, to practical consequences.

Adults & Teens

Schuurman, D.

Never the Same: Coming to Terms with the Death of a Parent,

St. Martin's Press, 2003

Insight for those who have lost a parent as a child.

Adults

Simon, Leslie & Drantell, Jan

A Music I No Longer Heard: The Early Death of a Parent,

Simon & Shuster, 2010

Survivors describe their experiences in the loss of a parent.

Teens & Adults

Smith, H. I.

On Grieving the Death of a Father, Augsburg, 1994

This resource gives comfort and hope, addressing special needs when a father dies.

Adults & Late Teens

Taylor, Nick

A Necessary End, Universe Publishing, 2001

Taylor's outlook towards his aging parents undergoes a transformation from obligation to love, expanding his understanding of his own life and mortality.

Adults

Vigna, Judith

Saying Goodbye to Daddy, Albert Whitman and Company, 1991

This is a sensitive story of the healing that comes to a child following her dad's death.

Ages 4 and up

Wakeman, Elyce

Father Loss, Yuca Publishing, 2015

Covers how a son can prepare for the death of a father, coping immediately after a loss, women's role in helping, and the different ways men grieve.

Adults

Williams, Terry Tempest

Refuge, Vintage, 1992

Records simultaneous tragedies, a mother's death from cancer and flooding of a bird sanctuary. Documents renewal and spiritual grace.

Adults

Wolfelt, Alan D., Ph.D.

Healing the Adult Child's Grieving Heart, Companion Press, 2001

Whether your parent died in middle or old age, whether the death was sudden or anticipated, this compassionate and easy-to-use resource will be helpful.

Adults

Loss of a Child

Andrews, Kathy

Heaven's Animator, Ardent Writer Press, 2017

A mother's recounts her son's extraordinary abilities throughout his life and the connection through his animation abilities after his unexpected death as an adult. She explains how they stay connected through his artistic abilities.

Parents & Adults

Apple, Dennis L.

Life After the Death of My Son, Beacon Hill Press, 2008

Book offers comfort to others and insight providing ten lessons he learned and continues learning. It is a guide of hope and help to grieving parents during their difficult journey after loss of their child.
Parents

Bernstein, Judith, Ph.D.

When the Bough Breaks, Andrews McMeel Publishing, 1998

Describes the overwhelming journey for bereaved parents.
Adults

Bluebond-Langner, Myra

The Private Worlds of Dying Children, Princeton Press, 1980

Descriptions of children when dying and the difficulties of their families.
Adults

Bramblett, John

When Good-bye is Forever, Ballantine Books, 1991

Ideas on learning to live again after the loss of a child by a bereaved father.

Adults

Buckley, Kelly S.

Just One Little Thing, Balboa Press, 2012

On the 4th of July this mother receives the devastating news of her son's unexpected death. She explains how creating a journal documenting each good thing as a means of dealing with the loss and finding meaning in her life.

Parents & Adults

Buckley, Kelly S.

Gratitude in Grief, Balboa Press, 2017

This book chronicles a mother's journey after her son's death. Making the choice to find one little thing at a time, she is able to deal with her grief in a way that changes her forever.

Parents & Adults

Carruthers, Dolores

A Vow Made True, Carruthers Publishing, 2012

A mother describes her raw emotions and the journey from despair to hope after the accidental death of her adult child. She vows to experience whatever needs to be felt and through this painful experience, she moves forward to finding hope.

Parents & Adults

Coerr, Eleanor

Sadako & The Thousand Paper Cranes, Puffin Series, 2004

A ten-year-old Japanese girl has leukemia and, based on a legend, she starts to make paper cranes to help her during this time. Her friends continue to make them after she dies. Based on a true story.
Grades 3-6

Cosman, Mark

In the Wake of Death, Moyer Bell, 1996

Deals with surviving the loss of a child who was murdered.
Adults

Davis, Deborah L.

Empty Cradle, Broken Heart: Surviving the Death of Your Baby,

Fulcrum, 1996

Helpful suggestions in dealing with death of a baby.
Adults

Delorbe, Shirley

Too Young to be Angels, iUniverse, 2007

Inspirational self-help guide shares how one mother maintained her stability and sanity when tested multiple times by grief and depression after the separate deaths of 3 of her 4 children.
Adults

Farley, Kelly & DiCola, David

Grieving Dads: To the Brink and Back, Harper Collins, 2012

This book gives perspectives on grieving the loss of children and surviving. Relayed with candor.
Parents & Fathers

Hancock, Bill

Riding with the Blue Moth, Sports Publishing, 2006

After his son died in a plane crash, a father gives an account of riding across the country on his bicycle in memory of his son.
Adults

Heavilin, Marilyn Walleit

Roses in December: Comfort for the Grieving Heart,

Harvest House, 2006

This book discusses the sorrow after the sudden loss of a child from a drunk driver and the journey of the healing process, in addition to losing two other children.
Adults

Hood, Ann

Comfort: A Journey through Grief, W. W. Norton & Company, 2008
This is a touching memoir about the author's daughter's sudden death, grieving, and learning to love again.
Adults & Families

Knapp, Ronald

Beyond Endurance: When a Child Dies, AuthorHouse, 2005
This book outlines steps to healing when a child dies.
Adults

Kübler-Ross, Elizabeth

On Children and Death, Simon and Schuster, 2011
Discussions for help and hope needed to survive dying or the death of a child.
Adults

Livingston, M.D., Gordon

Only Spring: On Mourning the Death of My Son, Marlowe, 2005
A father's story of a child's gift of love, covering Lucas' illness and death.
Adults

Mitchell, Ellen

Beyond Tears: Living after Losing a Child, St. Martin's Griffin, 2009
Poignant dialogues with parents who have lost children through various circumstances.
Adults

Murray, Donald

The Lively Shadow: Living with the Death of a Child,
Ballantine, 2003
This book covers parents mourning the loss of a child due to illness.
Adults

Roe, Gary

Shattered: Surviving the Loss of a Child, Healing Resource
Publishing, 2017
Covers perspectives and stages after loss of a child including emotional, mental, physical, and spiritual aspects with education on future effects.
Parents & Grandparents www.garyroe.com

Rosof, Barbara D.

The Worst Loss, Owl/Holt, 1995
Ideas are given on healing after the death of a child.
Families

Sanders, Catherine

How to Survive the Loss of a Child, Harmony, 1998

A guide to rebuilding life and filling the devastating emptiness after a death.

Adults

Schiff, Harriet Sarnoff

Bereaved Parent, Penguin, 1978

Sensitive information for grieving parents that is reassuring and consoling.

Adults & Parents

Wolfelt, Alan D., Ph.D

Healing a Parent's Grieving Heart, Companion Press, 2002

In providing answers this book gives effective tools guiding parents dealing with the loss of a child.

Adults

General Loss
(Including Family Members)

Bell, Karen Whitley, RN

Living at the End of Life, Sterling Ethos, 2011,
new version coming 2018

Bell, a hospice nurse, gives a comprehensive, insightful guide for the family and dying person, including advance directives.

Adults, Families & Terminally Ill

Boritzer, E.

What is Death?, Veronica Lane Books, 2000

Through the presentation on various cultures and religions, the book introduces concepts of death.

Ages 6-9

Brett, Doris

Annie Stories, Workman Publishing, 1998

This is a series of stories that can be read to children under 10 who are dealing with many different issues, including death and divorce.

The author gives advice on how to use the stories.

Ages 4-8

Brown, L., & Brown, M.

When Dinosaurs Die, Little, Brown & Co., 1998

Practical guide helps children understand death and deal with their feelings.

Ages 4-8

Coloroso, Barbara

Parenting through Crisis, Quill, 2001

This book offers compassionate ideas on helping to support children through emotional turmoil from loss, divorce, and other changes.

Parents & Educators

Doka, Kenneth

Living with Grief: Children, Adolescents and Loss,

Routledge, 2000

This book offers varying perspectives and interventions for living with grieving children and adolescents.

Adults

Doka, Kenneth

Children Mourning, Mourning Children, Routledge, 1995

This book is based on Hospice Foundation of America's teleconference exploring children and grieving.

Parents & Professionals

Dougy Center for Grieving Children

What About the Kids? Understanding Their Needs in Funeral Planning and Services, The Dougy Center, 1999

This guide gives practical information explaining funerals and memorial services to children.

Adults *Only available at www.dougy.org*

Dougy Center for Grieving Children

Dougy Center provides many brochures and booklets to help children/ students grieve. (English & Spanish resources)

Children of all ages *Only available at www.dougy.org*

Dougy Center for Grieving Children

35 Ways to Help a Grieving Child, 2010, Dougy Center

This guidebook gives practical suggestions to help children through loss, including special anniversaries and holidays.

Adults working with children *Only available at www.dougy.org*

Dougy Center for Grieving Children

Helping Children Cope with Death, 1998, Dougy Center

This guidebook gives a comprehensive overview to help children grieve.

Adults working with children *Only available at www.dougy.org*

Eldon, Kathy & Turteltaub, Amy

Angel Catcher: A Journal of Loss and Remembrance,

Chronicle Books, 2007

Book has illustrations and quotations encouraging people to remember loved ones. There are pages for thoughts, drawings, clippings, and photos.

Families

Ferguson, Dorothy

A Bunch of Balloons, Centering Corporation, 2006

This resource helps grieving children understand what they still have after someone dies.

Ages 5-8

Fitzgerald, Helen

The Grieving Child: A Parent's Guide, Touchstone, 1992

Well-organized guide for helping children through the grieving process.

Adults & Children

Fitzgerald, Helen

The Mourning Handbook, Touchstone, 1995

This is a comprehensive resource helping families compassionately cope with death and dying. It covers grief, murder, and suicide.

Families

Fox, Sandra

Good Grief: Helping Groups of Children When a Friend Dies,

New England Assoc. for the Education of Young Children, 1988

This is an excellent resource to help adults working with grieving children who have lost a friend.

Adults working with children

Fry, Virginia Lynn

Part of Me Died, Too, Dutton Children's Books, 1995

Eleven true stories about children/adolescents who faced the death of a loved one, and how they began to rebuild.

Grades 3-8

Goldman, Linda

Breaking the Silence, Routledge, 2002

Comprehensive, practical resource for working with young people on issues of complex grief—suicide, homicide, abuse, violence, and AIDS.

Adults & Professionals

Goldman, Linda

Life & Loss: A Guide to Help Grieving Children,

Routledge, 2014

Practical guide for parents and mental health professionals working with children and teens, providing techniques, words to use & bibliography.

Adults & Professionals

Goldman, Linda

Raising Our Children to be Resilient, Routledge, 2006

Resource for traumatic grief. Includes interventions, children's work, and ideas to support children and teens.

Adults & Professionals

Greenlee, Sharon

When Someone Dies, Peachtree, 1992

Brings a peaceful picture to the rollercoaster of emotions a child or adult feels, including writing and drawing.

Ages 3-Adult

Grollman, Earl A.

Explaining Death to Children, Beacon Press, 1967

A book for adults working with children and their first experience of death.

Adults working with children

Grollman, Earl A.

Talking About Death, Beacon Press, 2011

Includes a dialogue to read-a-long with a younger child.

Ages 4-8

Hanson, Warren

The Next Place, Waldman House, 2002

A reverie to be read aloud with children by adults. Illustrated.

Ages 8-Adult

Heegaard, Marge

Saying Goodbye to Your Pet, Fairview Press, 2001

This is a workbook for children to work through their feelings after their pet dies.

Ages 5-10

Hospice Foundation of America

Supporting Your Friend Through Illness and Loss, HFA, 2005

This brochure gives ideas and advice in helping family and friends, including what to say.

Adults Only available at www.hospicefoundation.org

Huntley, Theresa

Helping Children Grieve When Someone They Love Dies,

Augsburg, 2002

Helping children understand and grieve when someone they love dies.

Ages 4-10

James, John W.

When Children Grieve, Harper Collins, 2001-02

The author offers a cutting edge volume to free children from the idea of not "feeling bad" and to empower them with positive, effective methods of dealing with loss.

Children with adults

Johnson, Joy & Johnson, Marvin

Tell Me, Papa, Centering Corporation, Revised 2005

This book gives a clear explanation of children's feelings on death, funerals, and burials.

Ages 5-10

Johnson, Joy & Johnson, Marvin

Where's Jess, Centering Corporation, 1982

This book covers feelings and questions children have when a sibling dies.

Ages 4-8

Katafiasz, Karen

Grief Therapy, Abbey Press, 2014

Concepts cover the grieving process, which need time and attention.

Reassures transforming healing comes through grieving. Illustrated.

Ages 5-Adult

Kroen, William

Helping Children Cope with the Loss of a Loved One,

Free Spirit, 1996

Weaving in anecdotes about real children and their families, the author explains how children from infancy through age 18 perceive and react to death.

Adults working with children

Kübler-Ross, Elizabeth

On Death and Dying, Simon & Schuster, 2014

With sample interviews and conversations, the author gives the reader a better understanding of how imminent death affects the patient, the professionals who serve the patient, and the patient's family.

Adults & Families

Mellonie, Bryan & Ingpen, Robert

Lifetimes, Children Bantam, 1983

A pet, a friend, or a relative dies and it must be explained to a child. This sensitive book is a useful tool in explaining that death is a part of life. Analogies and illustrations with plants and animals.
Ages 5-8

Munsch, Robert

Love You Forever, Firefly Book, 1983

Depicts growth and aging through generations of families, and how their love survives.
Ages 3 and up

Neeld, Elizabeth

Seven Choices: Finding Daylight after Loss Shatters Your World, Wagner Books, 2003

In this compassionate, caring guide, the author tells of her own loss, along with the stories of over sixty other individuals.
Young Adults & Adults

Noel, Brook & Blair, Pamela D., Ph.D.

I Wasn't Ready to Say Goodbye, Sourcebooks, 2008

Surviving, coping and healing after the sudden death of a loved one. A comforting and easy-to-read book, covering what to expect the first few days, months, and later after loss, and how various types of losses affect us differently.
Adults

Noel, Brook & Blair, Pamela D., Ph.D.

I Wasn't Ready to Say Goodbye, Companion Workbook,

Sourcebook Trade, 2008

This workbook follows on after the book of the same name, helping the readers analyze their feelings and put their fears and thoughts in writing. This helps through the stages considered "grief work."
Adults

Richter, Elizabeth

Losing Someone You Love: When a Brother or Sister Dies, Putnam, 1986

When a brother or sister dies—15 interviews, primarily with adolescents, describing their feelings when a sibling died. Compelling voices who model different ways to address pain.
Ages 10-Adult

Roberts, Janice & Johnson, J.

Thank You for Coming to Say Goodbye,

Centering Corporation, 1994

This book is for professionals, parents, funeral directors and other caring adults suggesting ways to involve children in the services.

Parents & Professionals

Roe, Gary

Surviving the Holidays Without You,

Healing Resource Publishing, 2013

This gives ideas on grief survival during the holidays after losing a loved one.

Families & Adults www.garyroe.com

Roe, Gary

Please Be Patient, I'm Grieving, Healing Resource Publishing, 2016

Gives ideas on how to support those grieving. Respect pain, emotions, and be a safe person to turn to while they grieve. Includes resources.

Families & Adults www.garyroe.com

Romain, Trevor

What on Earth Do You Do When Someone Dies?, Free Spirit, 1999

This book describes the overwhelming emotions involved in dealing with the death of a loved one, and discusses how to cope with such a situation.

Grades K and up

Romond, Janis

Children Facing Grief, Abbey Press, 1989

This book gives hope as bereaved siblings express their feelings through letters.

Ages 6-14

Salloum, Alison

Reactions, Centering Corporation, 1998

This is a workbook for young people experiencing trauma and grief.

Ages 6 and up

Schaefer, G.J.

Widowers Toolbox : Repair Your Life after Losing Your Spouse,

New Horizon Press, 2010

The author shares his own personal experiences recovering and nurturing two sons after living through, coping with, and ultimately healing from the pain of losing his wife.

Adults

Schaeffer, Dan & Lyons, Christine

How Do We Tell the Children?, Newark Press, 2010

Guide to help adults explain loss and grieving to children.

Ages 3-9 with Adults

Schwiebert, Pat

Tear Soup: A Recipe For Healing After Loss, Grief Watch, 2005
Book validates grief experience and can be used with children.
Has recipes at end.
Adults & Families

Sims, Alicia

Am I Still A Sister?, Big A and Company, 1988
This book describes the feelings and reactions when an eleven-year-old's baby brother dies.
Ages 8-12

Sittser, Jerry L.

A Grace Disguised, Zondervan Publishing, expanded edition, 2004
Describes growth through the loss of family members/loved ones.
Adults

Slack, Robert D.V.M.

Tails-Curious Stories of the Human Animal Bond,
PetsForLife Publishing, 2017
Stories of family pets and how to process our grief when we lose them. From the perspective of a veterinarian and human behavioural counselor.
Adults & Older Children

Staudacher, Carol

Men and Grief: A Guide for Men for Surviving the Death of a Loved One, New Harbinger, 1994
A guide for men who are struggling with the death of anyone close to them.
Young Adults & Adults

Techner, David & Hirt-Manheimer, Judith

A Candle for Grandpa: A Guide to the Jewish Funeral for Children and Parents, UAHC Press, 1993
This book for children explains Jewish funeral and burial customs.
4 and up with Adults

Temes, Roberta

The Empty Place: A Child's Guide Through Grief, New Horizon Press, 1992
A child's guide through grief, encouraging expression of feelings as it tells of a boy's older sister dying.
Ages 5-10 & Families

Wallbank, Susan

Facing Grief: Bereavement & The Young Adult,
Lutterworth Press, 1991
This book frankly discusses the effects of bereavement on young adults.
Young Adults

LOSS OF A GRANDPARENT

FICTION / NONFICTION

Aliki

The Two of Them, Harper Collins, 1987

Relationship of child with grandparents. Illustrated.

Ages 3-9

Barron, T. A.

Where is Grandpa?, Philomel, 2000

A young boy, in dialogue with his father, discovers how to deal with loss through healing memories.

Ages 5-9

Burningham, John

Grandpa, Red Fox New Editions, 2003

Joyous images of moments shared with grandfather with an empty chair at the end.

Ages 4-7

Caseley, Judith

When Grandpa Came to Stay, Greenwillow, 1986

A grandson helps his grandfather grieve the loss of his grandmother, with memories and tears.

Ages 3-7

Choi, Yangsook

Behind the Mask, Frances Foster Books/FSG, 2006

Korean and American folk traditions thread together a story about a boy who finds a link to his grandfather behind a Korean mask made by him.

Ages 4-10

Clifford, Eth

The Remembering Box, Harper Collins, Reprint 1992

Gently depicts the demise of a grandmother up to the moment of death, with cherished memories left behind.

Ages 5-9

dePaola, Tomie

Nana Upstairs and Nana Downstairs, Putman, Revised 2000

Lovingly shows the care given an aging grandmother by her family, including children, before she dies. Depicts traditions and memories.

Ages 3-8

Forward, Toby

Traveling Backward, Puffin, 1996

Humorous journey of a grandfather back to childhood due to his grandson's unwillingness to see him die. Both eventually see the appropriateness of death.

Ages 7-11

Fox, Mem

Sophie, HMH Books for Young Readers, 1997

Sophie feels alone following her grandfather's death.

Grades Preschool-3

Hines, Anna G.

Remember the Butterflies, Dutton, 1991

Shows how a grandfather has taught a reverence for life which lasts beyond his death. Garden setting.

Ages 4-8

Holden, L. Dwight

Gran-Gran's Best Trick, Magination Press, 1989

This book deals with cancer, treatment, and death of a grandparent.

Ages 6-12

Liss-Levinson, Nechama

When a Grandparent Dies, Jewish Lights Publishing, 1995

This child's memory book deals with Shiva and the following years.

Ages 3-8

McLaughlin, Kirsten

The Memory Box, The Centering Corporation, 2001

This delightful story tells the transformation of a grandson grieving his grandfather by turning his fishing box into a memory box.

Ages 4-9

Pomerantz, Barbara

Bubby, Me, and Memories,

Union of American Hebrew Congregation, 1983

After his grandmother dies, child is helped and questions answered.

It is a good resource for Jewish customs.

Ages 4-8

Thomas, Jane Resh

Saying Goodbye to Grandma, HMH Books for Young Readers, 1990

Illustrates the events faced by a family when a loved one dies (from a child's point of view) with dialogue regarding wishes, doubts, fears.

Ages 4-7

Thornton, Terry

Grandpa's Chair, CreateSpace, 2012

Covers a boy's last visit to his grandfather, their love for each other, and his death.

Ages 4-8

Yolen, Jane

Grandad Bill's Song, Penquin Young Reader Group, 1998

A young boy finds his own feelings after family and friends talk about memories.

Ages 4-9

Zolotow, Charlotte

My Grandson Lew, Harper & Rowe, 1974

Shows the valuable communication between the living and dying that a child remembers years after the occurrence of death.

Ages 4-8

INTERMEDIATE & MIDDLE SCHOOL

Banks, Kate

Friends of the Heart, Frances Foster Books, 2005

While at her grandparents' Italian home, Lucrezia must deal with a changing friendship and personal tragedy.

Ages 10-14

Brisson, Pat

Sky Memories, Delacorte Press, 1999

Emily is 10 when her mom is diagnosed with cancer and 11 when she dies.

Ages 8 and up

Bryant, Jen

Pieces of Georgia, Knopf, 2006

Through journaling, thirteen-year-old Georgia describes her grieving process in the loss of her mother. She discovers new friends and artistic talent in herself similar to her deceased mother's.

Ages 10 and up

Fletcher, Ralph

Fig Pudding, HMH Books for Young Readers, 2016

Shows how a family grieves a first Christmas after a son dies, depicting pain, conflicts, changes, surprises, and bonding.

Ages 8-13

Friedman, D. Dina

Playing Dad's Song, FSG, 2006

Story of Gus' pain with the loss of his father on 9-11-01, plus dealing with the school bully, and his friend moving. He forges a path toward acceptance and remembrance with his music teacher's help.

Grades 3-7

Greene, Constance C.

Beat the Turtle Drum, Puffin, 1994

Pictures a sister's, a family's, and a neighborhood's grief and initial recovery as a daring younger sister reaches a goal just before her death.

Ages 10+

Hamilton, Virginia

Cousins, Scholastic Books Reprint, 1992

Portrays a cousin's thoughts, including guilt, when she witnesses a cousin die accidentally. Adults and children learn to cope with loss more effectively.

Ages 9-13

Henkes, Kevin

Words of Stone, Harper Collins Reprint, 2005

Shows how an adolescent girl angry at her mother's abandonment befriends a boy whose mother has died of cancer. Empathy and understanding grow.

Ages 8 and up

Howard, Ellen

The Tower Room, Atheneum, 1993

Portrays a girl's anxieties in moving in with an aunt and grandfather after her mother's death. She discovers her mother's death was not a punishment and accepts love.

Ages 10-14

Rylant, Cynthia

Missing May, Scholastic Paperback, 2004

Sensitively shows the grieving and initial healing of an orphan girl and her uncle after her aunt's death.

Ages 8-13

Smith, Doris Buchanan

A Taste of Blackberries, Harper Collins Reprint, 2004

No one, least of all his best friend, dreamed that Jamie's exuberance and a harmless prank could end in his sudden death. When it does, his friend must find the strength to bear his grief and his feeling that he might have saved his friend.

Ages 7-13

Thesman, Jean

Nothing Grows Here, Harper Collins, 1994

A family rebuilds after a father's unexpected death as told through the eyes of a twelve-year-old.

Ages 10-14

Walker, Alice

To Hell With Dying, Harcourt Brace, 1988

A beautifully illustrated book that follows the dying and death of a loving neighbor who is an alcoholic and diabetic. Narrated by a young girl from her grade school years through college. Her reflections mirror her growing acceptance of death.

Ages 8-12

Whelan, Gloria

Forgive the River, Forgive the Sky, Erdmans Books, 2003

12-year old Lilly struggles with her feelings following her dad dying in the river.

Ages 9-13

BOOKS FOR TEENS

Bode, Janet

Death is Hard to Live With, Laurel Leaf, 1994

Teenagers talk openly on how they cope with loss.

Teens

Dougy Center for Grieving Children

Helping Teens Cope with Death, Dougy Center, 1999

This guide helps concerned, caring adults work with grieving teens.

Adults with Teens *Only available at www.dougy.org*

Dower, Laura

I Will Remember You, Scholastic Paperbacks, 2001

This is a guide book for grieving teens when a loved one dies.

Teens & Young Adults

Fitzgerald, Helen

The Grieving Teen, Fireside, 2000

Compassionate guide covering a wide range of situations dealing with grieving a death. It addresses difficult emotions and new situations.
Teens

Gootman, Marilyn E.

When A Friend Dies, Free Spirit Press, 2005

Easy to use question and answer format with quotations from teens.
Teens

Gravelle, Karen & Haskins, Charles

Teenagers Face to Face With Bereavement,

Universe (Simon & Schuster), 2000

17 adolescents tell their stories, touching on guilt, anger, depression, feeling suicidal, school, holidays, and more.
Teens

Griffin, Peni

The Music Thief, Henry Holt, 2002

Story of Alma finding hope and easing her pain through music after her brother's murder.
Teens

Grollman, Earl A.

Bereaved Children and Teens, Beacon Press, 1995

This book serves as a guide to help children and teens after the death of someone they know.
Older Teens, Professionals & Adults

Grollman, Earl A.

Straight Talk About Death for Teenagers, Beacon Press, 1993

The book validates teens' painful feelings after a loved one dies and helps teens go forward with life.
Teens & Young Adults

Kolf, June

Teenagers Talk About Grief, Baker House Books, 1990

This book gives firsthand accounts of experiences on teen grief.
Teens

Richter, Elizabeth

Losing Someone You Love: When a Brother or Sister Dies,

Putnam, 1986

15 adolescents describe their various responses to the loss of a sibling. Includes photos.
Teens

Taisman, Enid Samuel

Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss, Centering Corporation, 1992

Book gives ideas on letter, song, and poem writing to help use creativity in grieving.

Teens

Wolfelt, Alan D., Ph.D

Healing Your Grieving Heart for Teens: 100 Practical Ideas, Companion Press, 2001

This book was written to help teens understand and deal with grief.

Teens & Young adults

SUICIDE, HOMICIDE, 9-11, OVERDOSE & OTHER TRAUMA

Suicide

Aarons, Leroy

Prayers for Bobby, Harper, 1995

Provides many dimensions for understanding suicide, including homosexuality.

Late Teens & Adults

Alvarez, A.

The Savage God, W. W. Norton & Co., 1971

Historical, literary, and philosophical dimensions of suicide.

Adults

Archibald, LaRita

Finding Peace without All the Pieces: After a Loved One's Suicide, Larch Pub., 2012

The book covers understanding mental illness, grief and healing from a suicide, stigma, family survival, and more.

Adults & Families

Arrington, Candy Neely & Cox, David

Aftershock: Help, Hope and Healing in the Wake of Suicide, Bitt Publishing Group, 2003

A recovery book that will provide encouragement and support for survivors. Examines the complex emotions when grieving a suicide and lets readers know they are not alone in their grief or healing.

Adults & Families

Jordan, Jack, Ph.D., & Baugher, Bob, Ph.D.

After Suicide Loss: Coping with Your Grief,

Caring People Press, 2016

This concise book guides family members through reactions and events that often occur after a suicide, both the first year and beyond.

Adults & Families *b_kbaugher@yahoo.com*

Bolton, Iris

My Son, My Son..., Bolton, 1983

A mother describes her son's suicide and the recovery process.

A useful checklist on how to cope is included.

Families

Bornstein, Kate

Hello Cruel World: 101 Alternatives for Teens, Freaks and Other Outlaws, Seven Stories Press, 2006

Through humor and understanding, the author presents her views and ingenuity.

Adults & Late Teens

Cammarata, Doreen

Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them, Limitless Press, 2009

This book is for caring adults and child survivors of suicide.

Ages 5-9

Chilstrom, Corinne

Andrew, You Died Too Soon, Augsburg Fortress, 1993

An adopted son commits suicide, leaving his Christian family in grief.

Families

Cobain, Beverly & Larch, Jean

Dying to be Free: A Healing Guide for Families After a Suicide,

Hazelden Foundation, 2006

Clear, readable, touching and informative. Written primarily for survivors of suicide, it would also be beneficial for people to help suicidal friends or family recognize problems or even address their own suicidal feelings.

Older Teens & Adults

Collins, Judy

The Seven T's, Jeremy P. Tarcher Publishers, 2007

Uplifting and compassionate book on how to recover from the effects of suicide and other tragedies. Truth, Trust, Therapy, Treasure, Thrive, Treat, and Transcend are Ms. Collins road to recovery.

Adults & Professionals

Colt, George Howe

November of the Soul: The Enigma of Suicide, Scribner, 2006

Thorough academic book is good for study, but not as helpful for those experiencing loss. An essential book for any library on suicide, the table of contents and index are well organized and complete.

Professionals

Crook, Marion

Out of the Darkness: Teens Talk About Suicide,

Arsenal Pulp Publ. Ltd., 2009

The author stresses talking of suicide can no longer be a taboo.

Through interviews she discusses causes including bullying, peer pressure, and issues of difference.

Teens & Adults

Dougy Center for Grieving Children

After a Suicide Death: An Activity Book for Grieving Kids,

Dougy Center, 2001

This book gives ideas to help children deal with a suicide loss through activities, creativity, and expression.

Ages 5-12 *Only available at www.dougy.org*

Fields, Terri

After the Death of Anna Gonzales, Henry Holt, 2002

Poems by students and faculty giving insight into their lives after a teen suicide.

Teens & Adults

Fine, Carla

No Time to Say Goodbye, Harmony, 1999

A wife describes her loss and the after-effects of her husband's suicide.

Adults

Gardner, Sandra

Teenage Suicide, Julian Messner Publisher, 1992

Covers some causes of teenage suicide and gives possible solutions.

Helps those who are grieving loss from suicide to understand.

Late Teens & Adults

Garland, Sherry

I Never Knew Your Name, HMH, 1994

A boy tells of the suicide of another boy whose name he did not know.

Ages 4 and up

Glover, Beryl S.

The Empty Chair: The Journey of Grief After Suicide,

In-Sight Books, 2000

In 1983 the author lost her brother and daughter to suicide within three weeks of each other. This book describes and offers guidance.

Adults & Families

Grollman, Earl A. & Malikow, Max

Living When a Young Friend Commits Suicide, Beacon Press, 1999

This book covers some reasons some people die from suicide and ways to talk about it.

Adults & Teens

Hays, Heather

Surviving Suicide: Help to Heal Your Heart,

Brown Books Publishing, 2005

A collection of letters written to dead loved ones by those who have lost family or friends to suicide. This will not take the place of support groups and/or real interaction in community, but it does offer simple day-to-day ways to move through grief.

Older Teens & Adults

Hewett, John H.

After Suicide, Westminster/Knox Press, 1980

Christian theme. Covers bereavement, moral and ethical aspects for people responding to suicide of a loved one.

Adults

Hsu, Albert Y.

Grieving a Suicide: A Loved One's Search for Comfort,

Answers & Hope, Intervarsity Press, 2017

The author's father died by suicide after becoming depressed following a stroke. He explores the many questions surrounding suicide and addresses the topic of forgiveness.

Adults & Families

Jamison, Kay Redfield

Night Falls Fast: Understanding Suicide, First Vintage Books, 2000

Weaving together an historical and scientific explanation of suicide with personal essays on the subject, the author brings her remarkable compassion and literary skills to give insight on this difficult area.

Adults & Young Adults

Jordan, John & McIntosh, John (Eds.)

Grief After Suicide: Understanding the Consequences and Caring for the Survivors, Routledge New York, 2010

This volume provides an up-to-date summary of needed information for professionals to help families and peers after a suicide.
Professionals

Kilmo, Jon & Heath, Pamela Rae

Suicide: What Really Happens in the Afterlife?,

CreateSpace Independent Publishing, 2006

Channeled conversations with the dead.

Adults

Lukas, Christopher & Seiden, Henry M.

Silent Grief: Living in the Wake of Suicide,

Jessica Kingsley Publisher, 2007

Includes information on survivors of suicide, PTSD, bipolar disorder—good overview.

Adults

Marcus, Eric

Why Suicide, HarperOne, 2010

Author attempts to answer many of the most frequently asked questions about suicide.

Older Teens & Adults

McDaniel, Lurlene

When Happily Ever After Ends, Bantam Books, 1992

Book talks about a teen's struggle after her father's suicide.

Adults & Teens

Myers, Michael, M. D. & Fine, Carla

Touched by Suicide: Hope and Healing After Loss, Avery, 2006

Defines problem from survivor's perspective/experiences (Fine's), then Dr. Myers discusses it from a clinical reality. Compassionate and practical advice.

Adults

Nelson, Richard E., Ph. D. & Galas, Judith C.

The Power to Prevent Suicide, Free Spirit Press, 2006

This is a guide to help young people (teens) and adults in prevention of suicide.

Adults & Teens

Robinson, Rita

Survivors of Suicide, New Page, Revised 2001

Contains details on teen suicide and help available.

Dispels myths surrounding suicide.

Adults & Teens

Rubel, Barbara

But I Didn't Say Goodbye: Helping Children and Families After a Suicide, Griefwork Center, 2009

This book is for parents and professionals to help child suicide survivors.
Adults & Professionals

Sandberg, Sheryl; & Grant, Adam

Option B: Facing Adversity, Building Resilience, and Finding Joy,

Alfred A. Knopf, 2017

This book covers rebuilding yourself after deep loss, trauma, and other intense challenges. Suggestions on how to offer support to the bereaved; ways companies can nurture grieving employees.

Adults

Slaby, Andrew, M. D. & Garfinkel, Lili F.

No One Saw My Pain: Why Teens Kill Themselves, Norton, 1996

Insight into the pain that is and is not recognized before teen suicide.

Adults & Professionals

Smolin, Ann & Gurian, John

Healing After the Suicide of a Loved One, Fireside, 1993

This book is filled with case studies and a list of suggested readings along with a directory of suicide support groups nationally.

Young Adults & Adults

Sowers, Lou, Ph.D.; Quinnett, Paul, Ph.D.; & Bratcher, Kevin, MS, CEA
Helping A Child Survive A Suicide Crisis, QPR Institute, 1997

This brochure outlines steps parents/adults can take to help children through a suicide crisis or one who is exposed to suicide.

Adults working with children *Only available at www.qprinstitute.com*

Stickel, Leslie

Hope Defined, Outskirt Press Inc., 2010

Author discusses healing after her mother's suicide, suicide awareness, and prevention.

Adults

Stimming, Mary & Maureen

Before Their Time: Adult Children's Experiences of Parental Suicide, Temple University Press, 1999

Honest, first-person accounts by adult daughters and sons of the impact of a parent's suicide on them and their families.

Adults & Families

Wolfelt, Alan D., Ph.D.

The Understanding Your Suicide Grief Journal,

Companion Press, 2009

This book helps the grieving person examine the 10 essential steps to find healing and hope.

Adults

Wolfelt, Alan D., Ph.D.

The Wilderness of Suicide Grief, Companion Press, 2010

Author provides inherent response of those experiencing suicide loss and coping skills.

Adults & Late Teens

Suicide Websites

Helpful websites for friends and families of suicide survivors

<http://intheforefront.org/help/bereaved>

Homicide

Baughner, Bob Ph.D.; & Cox, Lew, Victim Advocate

Coping with Traumatic Death: Homicide, Caring People Press, 2015

This book is for the loved ones and families of murder victims. It covers reactions and suggestions to help families and contains the personal story from Mr. Cox, whose daughter was murdered. Available in Spanish.

Adults & Families b_kbaughner@yahoo.com

Blume, Judy

Tiger Eyes, Atheneum Books for Young Readers, 2014

Explains how a fifteen-year-old resolves his feelings after his father's murder during a robbery.

Ages 11 and up

Bucholz, Judie A., Ph.D.

Homicide Survivors: Misunderstood Grievors,

Baywood Publishing, 2002

This book is about families who have faced murder and how they've dealt with the trauma of their loss.

Adults & Families

Dougy Center for Grieving Children

After a Murder: A Workbook for Grieving Children,

The Dougy Center, 2002

This interactive workbook is for children dealing with the many aspects surrounding a murder.

Ages 8-12 *Only available at www.dougy.org*

Gayton, Richard R. & Williamson, Amrienne

The Forgiving Place: Choosing Peace After Violent Trauma,

WRS Publ., 1995

The author's wife was murdered in their home during a robbery.

This book concentrates on handling the emotional legacy of intentional violence.

Adults

Harris-Hendriks, Jean; Black, D. & Kaplan, T.

When Father Kills Mother, Routledge, 2000

The authors combine their knowledge of bereavement and PTSD to help children who have witnessed extreme violence.

Professionals & Adults

Jenkins, Bill

What to Do When the Police Leave, WPJ Press, 2001, 3rd Edition

This is a guide to the days following a traumatic loss from homicide.

Adults

Klebold, Sue

A Mother's Reckoning, Broadway Books, 2017

The author, mother of a Columbine shooter, describes life in the aftermath of this tragic shooting at the school.

Adults

Klein, Henya Kagan

Gili's Book: A Journey into Bereavement for Parents and Counselors, Teacher's College Press, 1998

This book tells of a mother's grief after her daughter Gili's sudden death.

Adults

Mahon, Kate L.

Just One Tear, Lothrop, Lee, and Shepard, 1992

This is the actual account of a teenage boy witnessing the fatal shooting of his father, what he deals with emotionally, the trial, and outcome.

Ages 10-15

Other Traumatic Loss

(Including 9-11 and Overdose)

Armstrong, Courtney M., LPC

Transforming Traumatic Grief, Artemecia Press, 2011

Six steps are given to healing after an unexpected or violent death of a loved one.

Adults & Families

Cacciatore, Joanne

Bearing the Unbearable, Wisdom Publications, 2017

This grief counselor provides a companion for those traveling through the difficult, painful times after a loss from a traumatic death.

Adults

Fell, Lynda Cheldelin; Pfiffner, Deborah, & Alexander, June

Grief Diaries, AlyBlue Media, LLC, 2016

Authors give powerful accounts of grieving through the difficulties of overcoming eating disorders.

Late Teens, Parents & Adults

Lord, Janice H.

No Time for Goodbyes, Compassion Press, 7th Edition, 2014

Book provides important guides for survivors whose loved one was killed.

Adults

Powell, Sandy

Geranium Morning, First Avenue Editions, 1991

One boy's dad dies in a car accident and a girl's mom is dying.

They share their feelings.

Grades 1-3

Schupp, Linda, Ph.D.

Grief: Normal, Complicated, Traumatic,

Premier Publishing & Media, 2007

This book gives scientific studies on grief, therapies, and useful teaching techniques.

Professionals including Counselors

Waxler, Rovert P. & Linda

Losing Jonathan, Spinner Publications, Inc., 2003

Parents describe surviving and learning to incorporate their son's spirit into their lives after his battle with drugs and death.

Parents

Wittberger, Pat & Russ

When a Child Dies From Drugs, Xlibris Corp., 2004

The account applies to illicit drugs, prescription drugs, or alcohol.

The authors describe an isolated existence after a tragic loss and finding strength with insight they learned from others with similar losses.

Parents

GRIEVING LOSS

MISCARRIAGE OR PERINATAL

Allen, Marie, Ph.D. & Marks, Shelly, M.S.

Miscarriage: Women Sharing From the Heart,

John Wiley & Sons, 1993

Support and advice based on the authors' own experiences and the women they interviewed.

Parents

Covington, Sharon N., MSW, LCSW

Silent Birth: When Your Baby Dies, (pamphlet) Fairview Press, 2004

Intended for couples who have lost a baby during pregnancy, labor, or shortly after birth. Can provide medical caregivers, family, and friends with an understanding.

Adults

Davis, Deborah L.

Empty Cradle, Broken Heart: Surviving the Death of Your Baby,

Fulcrum, 3rd Edition, 2016

The author covers the psychology of bereavement adjustment experienced by both parents and children after a perinatal death.

Adults

Gryte, Marilyn, & McClendon, Kristi

No New Baby, Centering Corporation, 1988

Children express feelings over loss after their mom's miscarriage.

Ages 5-8

Kohn, Ingrid, MSW & Moffitt, Perry-Lynn

Silent Sorrow, Routledge, 2nd Edition, 2000

The book covers pregnancy loss giving guidance and support for mothers and the whole family. It is considered a bible for families seeking support.

Adults

Kohner, Nancy & Henley, Alix

When a Baby Dies, Brunner-Routledge, 2001

Discusses the experience of late miscarriage, stillbirth, and neonatal death. Includes letters and interviews with bereaved parents and also explains medical and hospital practices.

Adults

Levang, Elizabeth, Ph.D & Sherokee, Ilse

Remembering with Love, Fairview Press, 1996

Messages of hope for the first year of grieving and beyond, including meditation exercises.

Adults

Panuthos, Claudia & Romeo, Catherine

Ended Beginnings: Healing Childbearing Losses,

Praeger Publishing, 1984

Wide scope including infertility, miscarriage, SIDS, abortion, release for adoption, handicapped babies, Cesarean, premature/traumatic birth, and help for grieving siblings.

Parents & Families

Rank, Maureen

Free to Grieve, Bethamy, 2004

Healing and encouragement for those who have experienced the physical, mental and emotional trauma of miscarriage and stillbirth. Helps those in sorrow to move towards healing.

Adults

DEATH OF A PARTNER

Brothers, Joyce, M.D.

Widowed, Ballantine, 1992

Covers personal knowledge of husband loss, needs of widows/widowers.

Adults

Caine, Lynn

Being a Widow, Penguin Books, 1990

The author offers practical guidelines and ideas to women lonely and stressed from losing a spouse.

Adults & Widows

Curry, Cathleen L.

When Your Spouse Dies, Ave Marie, 1990

A concise and practical source of help and advice after loss of a spouse.
Adults

Ericsson, Stephanie

Companion Through the Darkness: Inner Dialogues on Grief,

Wm. Morrow Paperback, 1993

Contains a series of meditations on grief with themes on rage, exile, abandonment. Chapters are 1 to 2 pages long.

Adults

Foehner, Charlott & Cozart, Carol

The Widow's Handbook, Fulcrum, 1987

Comprehensive, sensitive guide for dealing with the emotional and practical issues of the first two years of widowhood.

Adults

Greene, Phyllis

It Must Have Been Moonglow: Reflections on the First Years of Widowhood, Villard, 2003

This is the author's journal of feelings and experiences during the difficult transition from being married to widowhood.

Adults & Widows

Lewis, C. S.

A Grief Observed, Collier Books/Macmillan Press, 1961

Lewis writes about his experience with the death of his wife and the impact.

Adults

Rabey, Lois Mowday

When Your Soul Aches, WaterBrook, 2000

Gives suggestions on finding strength. Each path is unique and the ideas expressed in this book help the reader understand that they can get through loss, grieve, and rebuild.

Spouses & Partners

Rasmussen, Christina

Seconds First, Hay House Inc., 2013

Author, after loss of husband to cancer, relates how to go through the first year of grief spiral being able to live, laugh, and love again.

Spouses & Partners

Roe, Gary

Heartbroken: Healing for the Loss of a Spouse,

Healing Resource Publishing, 2015

Guide for dealing with the pain, confusion, anger, and resulting changes in person's life after losing a spouse.

Adults www.garyroe.com

Wolfelt, Alan D., Ph.D.

Healing a Spouse's Grieving Heart, Companion Press, 2003

This book offers 100 practical, here-and-now suggestions for helping widows and widowers mourn.

Adults

GENERAL

Albom, Mitch

Tuesdays with Morrie, Doubleday, 1997

Describes interaction between an older man who is dying and a younger man who was his student earlier in life.

Adults

Anderson, George & Barone, Andrew

George Anderson's Lessons from the Light, Berkeley Books, 2000

Extraordinary messages of comfort and hope from the other side.

Adults

Anderson, George & Barone, Andrew

Walking in the Garden of Souls, Berkely Reprint, 2002

Advice from the Hereafter, for living in the here and now.

Adults

Attig, Thomas

How We Grieve: Relearning the World,

Oxford University, 2010, 2nd Edition

Explains through stories how people's grieving helps the bereaved relearn their relationships—to themselves, their spirituality, to survivors and others, to time and space, and to the deceased.

Adults

Auz, Martin M. & Andrews, Maureen Lewis

Handbook for Those Who Grieve, Loyola Chicago Press, 2015

Gives practical approaches for those who grieve or support the grieving, including what to do and say. Covers many scenarios: work, home, violence, unexpected, elderly, very young. Useful bibliography.

Teens & Adults

Baughner, Bob, Ph.D. & Sims, Darcie, Ph.D.

The Crying Handbook, Caring People Press, 2016

This book provides various aspects of crying and why some people cry and others do not. Includes personal stories.

Adults b_kbaughner@yahoo.com

Baughner, Bob, Ph.D. & Sims, Darcie, Ph.D.

Coping with Your Suicide Grief: A Guide for the Bereaved Survivor, Caring People Press, 2016

This is a basic, comprehensive book to help the bereaved survivor, including reactions and suggestions to cope with grief. Extensive information in a book short enough for those deep in grief to read.

Adults & Families b_kbaughner@yahoo.com

Baughner, Bob, Ph.D.; Hankins, Carol, M.S.; & Hankins, Gary, Ph.D.

Understanding Anger During Bereavement,

Caring People Press, 2008

This concise book gives insight into the complex issue of anger during bereavement. Covers reactions, suggestions, and causes, including coping strategies.

Adults & Families b_kbaughner@yahoo.com

Baughner, Bob, Ph.D. & Sims, Darcie, Ph.D.

Understanding Guilt During Bereavement,

Caring People Press, 2009

40 contributors share their insights into guilt during bereavement.

Includes 22 coping suggestions.

Adults & Families b_kbaughner@yahoo.com

Beattie, Melody

The Grief Club, Hazelden, 2006

Subtitled "The Secret to Getting Through All Kinds of Change,"

Good overall coverage of change, not specific to death.

Adults

Berger, Susan A.

The Five Ways We Grieve: Finding Your Personal Path After the Loss of a Loved One, Trumpeter, Reprint 2011

Author goes beyond previously held grief stages to one of practical healing and self-awareness.

Adults

Blume, Judy

Are You There God? It's Me Margaret, Atheneum, Reprint 2014
The story of Margaret's moving and emotions in forming a new life.
Ages 8-12

Bonanno, George A., Ph.D.

The Other Side Of Sadness: What the New Science of Bereavement Tells Us About Life After Loss, Basic Books, 2009
Author goes beyond the accepted five stages of grief, indicating experiences and resilience help us effectively deal with loss.
Adults

Bouvard, Marguerite

The Path Through Grief, a Practical Guide, Breitenbush Books, 1988
Contains interviews and personal narratives on all types of loss—spouse, parent, child, sibling, or friend. Covers loss through illness, stillbirth, miscarriage, homicide, and suicide with a chapter on AIDS.
Adults

Bozarth, Alla Renee, Ph.D.

A Journey Through Grief, Hazelden Educational Materials, 1994
Short, easily read book to help in the difficult stages of the grieving process.
Teens & Adults

Bozarth, Alla Renee, Ph.D.

Life is Goodbye, Life is Hello, Hazelden Educational Materials, 1986
Book deals with grieving through all types of losses.
Late Teens & Adults

Brener, Annie

Mourning and Mitzvah, Jewish Light, 2017, Anniversary 3rd Edition
A guided journal for walking the mourner's path through grief to healing. Culturally sensitive with sixty exercises.
Adults

Bush, Ashley Davis, LCSW

Transcending Loss, Berkley Books, 1997
Book discusses the long impact of grief and making it meaningful.
Adults

Canfield, Jack & Hansen, Mark Victor

Chicken Soup for the Grieving Soul, Blacklist LLC, 2012
This is a collection of heart-warming stories to help everyone get through all types of loss, disappointments, and sadness.
Adults & Late Teens

Canfield, Jack; Hansen, Mark V.; & Newmark, Amy

Chicken Soup for the Soul: Grieving and Recovery,

Chicken Soup for the Soul, 2013, 20th Anniversary Edition

20 new stories included in the 20th edition. Authors provide 101 stories of inspiration and comfort to help with loss and grief.

Late Teens & Adults

Caplan, Sandi & Lang, Gordon

Grief's Courageous Journey, New Harbinger, 1995

This is a workbook encouraging writing and other methods to work through grief.

Late Teens & Adults

Colgrove, Melba, Ph.D.; Bloomfield, Harold, M.D.;

& McWilliams, Peter

How to Survive the Loss of a Love, Prelude Press, 2006

Describes overcoming losses of any kind, including death, breakups, divorce, and the recovery process. Easy to read format with poems and short quotes.

Late Teens & Adults

Copeland-Payton, Nancy, M.D.

The Losses of Our Lives: The Sacred Gifts of Renewal in Everyday Loss, Skylight Paths, 2009

By using strength and resiliency learned from everyday, smaller losses, we have the ability to deal with larger losses such as death.

Adults

Corr, Charles; Nabe, Clyde; & Corr, Nancy

Death and Dying: Life and Meaning, Thomson, Wadsworth, 2012

Book gives a comprehensive discussion of insights into dying and bereavement.

Adults

Coryell, Deborah Morris

Good Grief: Healing Through the Shadow of Loss,

Healing Art Press, 2007

The author describes the treasures found at the bottom of grief and how we are led to embrace the challenges of loss rather than avoid them.

Adults

Deits, Bob, M.Th.

Life After Loss: A Personal Guide Dealing with Death, Divorce, Job Change & Relocation, Perseus Books, 2009

The book gives positive, sensitive ideas to coping with real-life losses and changes.

Adults

www.lifeafterlossonline.com

Didion, Joan

The Year of Magical Thinking, Vintage, 2007

Written by a professional author about the death of her husband.

Adults

Doka, Kenneth J.

Living with Grief: Loss in Later Life, HFA, 2003

The book encourages everyone to help older people facing grief and loss.

Adults & Families

Doyle, Shawn, CSP

The Sun Still Rises, Sound Wisdom, 2014

From personal experiences losing close relatives, author provides tools, techniques, and tips for grieving through loss of family member or friends.

Adults

Dunn, Bill & Leonard, Kathy

Through a Season of Grief, Thomas Nelson Inc., 2004

Daily devotions for the first year of bereavement following a loss.

Adults & Late Teens

Dunn, Paul H. & Eyre, Richard M.

The Birth We Call Death, Aspen, 1999

Quotations dealing with death, giving hope for eternal life.

Adults

Ellis, Thomas M.

This Thing Called Grief: New Understandings of Loss,

Tasora Books, 2006

Brief and readable, full of personal experiences and practical advice.

It is an alternative for those who do not relate to the five stages of grief, as the author emphasizes that grief is not neatly packaged into stages.

Adults

Emswiler, Mary Ann & James

Guiding Your Child Through Grief, Bantam, 2000

By Founders of the New England Center for Loss & Transition. Addresses challenges, including those with teens. Covers communication, feelings, behaviors, long-term effects, with a family focus.

Adults

Fadima, Anne

The Spirit Catches You and You Fall Down,

Farrar, Strauss & Giroux, Reprint, 2012

Addresses cultural awareness in the grieving process.

Adults

Fitzgerald, Helen

The Mourning Handbook, Touchstone, 1995

Comprehensive resource offering advice on coping with all aspects of dying, including childhood grief, funeral, and more.
Adults & Older teens

Frankl, Viktor, M. D.

Man's Search for Meaning, Beacon Press, 2006

Deeply touching review of author's imprisonment in a Nazi camp and the importance of love that helped him survive his many losses.
Late Teens & Adults

Gawande, Atul

Being Mortal: Medicine and What Matters in the End,

Metropolitan Books, 2014

This author describes how adjusting medical practices can improve the end-of-life process.
Adults

Gibran, Kahlil

The Prophet, Rupa & Co., 2010

Timeless poems expressing feelings of life and death, pleasure and pain, joy and sorrow. Gives views to help through the most difficult of times.
Late Teens & Adults

Golden, Thomas

Swallowed by a Snake, Golden Healing, 2010

This is a valuable resource for men defining grief, describing gender differences in grieving patterns, and ideas to help work through grief.
Adult Men

Grollman, Earl A.

In Sickness and In Health, Beacon Press, 1987

Coping skills during a loved one's illness and finding strength.
Adults & Older teens

Grollman, Earl A.

Living When a Loved One Has Died, Beacon Press, 1995

Poems to help through the grieving process.
Adults

Grollman, Earl A.

Living with Loss, Healing with Hope: A Jewish Perspective,

Beacon Press, 2001

Gives ideas to help heal and regain hope.
Adults

Grollman, Earl A.

What Helped Me When My Loved One Died, Beacon Press, 1981
Gives helpful information on a variety of deaths and the ensuing grieving process.
Late Teens & Adults

Harris, Maxine

The Loss That Is Forever, Plume, 1996
Dealing with the finality of loss and recovering through grief.
Families

Hickman, Martha

Healing After Loss, Wm. Morrow Paperbacks, 1994
Daily meditations for working through grief.
Adults

Hipp, Earl

Help for the Hard Times: Getting Through Loss, Hazelden, 1995
Suggestions on getting through the difficult times of grieving and overcoming the feelings of loss.
Families

Hodges, Samuel J, IV & Leonard, Kathy

Grieving with Hope, Baker Books, 2011
Book gently provides practical grieving and explains misconceptions; reviews stages of grief.
Adults

James, John W. and Friedman, Russell

The Grief Recovery Handbook, Wm. Morrow, 2017
20th Anniversary Expanded Edition
A step-by-step program for moving through the grieving process.
Late Teens & Adults

Kalanithi, Paul

When Breath Becomes Air, Random House, 2016
Author becomes increasingly reflective of various life philosophies to make meaning of life and the finite end.
Adults

Kessler, David

The Needs of the Dying, HarperCollins, 2007 Revised
Tools and resources to bring hope, comfort, and love when a loved one is dying.
Adults

Kreis, Bernadine & Pattie, Alice

Up From Grief, Harper San Francisco, 1985

Written to help those who are in grief, those who need to understand grief in order to help a friend or relative, and those who work with the grief-stricken.

Adults

Kübler-Ross, Elizabeth

Death—The Final Stage of Growth, Scribner, 1997

Discusses death as giving meaning to life and as part of human development.

Adults

Kübler-Ross, Elizabeth & Kessler, David

On Grief and Grieving, Scribner, 2014

Understanding and finding meaning through the five stages of loss.

Adults

Kübler-Ross, Elizabeth

Wheel of Life, Touchstone, 1998

Having taught the world how to die well, the author offers a lesson in how to live well as she faces her own death.

Young Adult & Adults

Kuenning, Delores

Helping People Through Grief—When a Friend Needs You,

Bethany House, 1987

A sensitive guide to help you know how and when to show your concern with people in crisis and pain.

Adults & Older Teens

Kumar, Sameet M., Ph.D.

Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss, New Harbinger Publications, 2005

Based on the Buddhist theory of handling grief, the book offers a quick summarization of what mindful grieving is. Analyzes why it is a good thing to take time to do actual battle with grief.

Professionals & Adults

Kushner, Harold S.

When Bad Things Happen to Good People, Anchor Reprint, 2004

This book discusses traumatic events and dealing with the pain.

Teens & Adults

Lee, Judith

What To Do Before and After Someone Dies, Little Moose Press, 2006
Answers questions about death and dying. From making funeral arrangements to handling special circumstances, gives you the basics. It is a resource to help those involved navigate the practical considerations.
Professionals & Adults

Lenzkes, Susan

When Life Takes What Matters, Discovery House, 1993
Book lists devotions to help through change and crisis.
Teens & Adults

Levine, Stephen

Healing into Life and Death, Anchor, 1989
Facing death and emotions during difficult times of loss.
Adults

Levine, Stephen

Unattended Sorrow, Rodale Books, 2005-6
Recovering from loss and reviving ones self.
Adults

Linterman, Gloria & Stolzman, Marilyn, Ph.D.

The Healing Power of Grief, Source Books, 2006
Leads mourners through five sequences of grief into recovery and balance. Provides helpful do's and don'ts for the bereaved and their friends and family. Concrete suggestions in the text and workbook for readers to put into practice. Gentle, comprehensive and practical.
Professionals & Adults

Manning, Doug

Don't Take My Grief Away, HarperOne, 1984
This book works as practical guide after the loss of a loved one.
Adults

Marr, Diane Dempsey, Ph.D.

The Reluctant Traveler, NavPress, 2002
This is a workbook to guide people after various types of loss—death, illness, divorce, and others. It gives practical steps, spiritual insight, and hope.
Adults

McCormack, Jerusha H.

Grieving: A Beginner's Guide, Paraclete Press, 2006
This book is a personal, concrete explanation of ways to deal with the pain of loss, lessons learned firsthand by the author in her own grieving.
Young Adults & Adults

McCracken, Anne & Semel, Mary

Broken Heart Still Beats: After Your Child Dies, Hazelden, 1998
A collection of poetry, fiction and essays completed by the authors, a social worker and a journalist, both of whom have lost a child.
Adults

Mindell, Arnold, Ph.D.

Working with the Dreaming Body, Taschenbuch, 2014
Key to awakening, plus more possibilities of the body's role in revealing aspects of the self.
Adults

Moore, Thomas

Dark Night of the Soul, Avery Reprint, 2005
Book gives advice in the quest for meaning during life's darkest hours: the loss of a loved one, depression, illness, disappointment—giving genuine solace and guidance.
Adults

O'Connor, Nancy, Ph.D.

Letting Go With Love, La Mariposa Press, 1994
Gives steps and guides through various losses, including suicide, with emphasis on coping and healing.
Teens & Adults

O'Neill, Rhonda, R.N.

The Other Side of Complicated Grief, Saudade Publishing, 2016
This book gives professionals guidance to progress through complicated grief when the patient is not able to grieve in a healthy way.
Adults & Professionals

Parkes, Colin Mary; Laungani, Pittu; & Young, William

Death and Bereavement Across Cultures, Routledge, 2015
This is a useful resource for anyone to help understand others in a multicultural setting, including schools.
Educational Staff & Adults

Quackenbush, J. & Graveline, D.

When Your Pet Dies, Simon & Schuster, 1985
Helps owners understand feelings and grieving when a pet dies.
Teens & Adults

Rando, Therese A., Ph. D.

How to Go on Living When Someone You Love Dies,
Bantam Books, 1991
Helps understand grief and grieving different types of deaths, myths about grieving and how to resolve grief.
Adults

Sanders, Catherine M., Ph.D.

Surviving Grief, John Wiley Publishers, 1992

Ideas are given to help through the grieving process.

Teens & Adults

Sell, Colleen

Cup of Comfort for the Grieving Heart, Adams Media, 2010

Through fifty empathetic and tender stories, the author shows the readers that others understand their sadness, and that there are brighter days to come.

Young Adults & Adults

Semenova, Veronica, Ph.D.

Faces of Grief: Overcoming the Pain of Loss (Vol.1),

CreateSpace Independent Publishing, 2016

Author explains intense differences in grieving—covering age and cultural variations. Reviews differences of expected and sudden loss.

Adults

Staudacher, Carol

Beyond Grief, New Harbinger, 1987

Describes various types of losses: parent, child friend, including violent death and suicide. Suggests how to get and give help.

Teens & Adults

Staudacher, Carol

Time to Grieve, Harper Collins, 1994

Book provides an examination of the grief process including meditations for healing after the death of a loved one.

Young Adults & Adults

Tatelbaum, Judy

The Courage To Grieve, William Heineman, LTD., 1990

Creative living, recovery and growth through grief.

Adults

Terkel, Studs

Will the Circle be Unbroken?, New Press, 2014

From the sheer physical facts, to the emotional realities, to the spiritual speculations, all aspects of death are openly expressed.

Adults

Viorst, Judith

Alexander, Who's Not (Do you hear me? I mean it!) Going to Move, Atheneum, 1998

This depicts Alexander's intense feelings about moving and feelings of loss.

Ages 4-10

Walker, Val

Art of Comforting, TarcherPerigee, 2010

A guide on what to say and do for others who are in distress.

Young Adults & Adults

Westberg, Granger E.

Good Grief, Augsburg Fortress, 2010, 50th Anniversary Edition

This book describes what happens to us whenever we lose someone or something important.

Adults

Whitson, Stephanie Grace

How to Help a Grieving Friend, CreateSpace, 2017

This book is written very matter-of-factly from survivors' points of view.

This book helps friends understand what the grief-stricken friend is going through, and how to help them best.

Late Teens & Adults

Wilber, Ken

Grace and Grit, Shambhala Publications, 2000

The author's commentary is combined with his wife's journals to create a portrait of health and healing, wholeness and harmony, suffering and surrender.

Adults

Wolfelt, Alan D., Ph.D.

Grief One Day at a Time, Companion Press, 2016

Author provides those grieving loss daily comfort and understanding with brief daily meditations.

Adults & Late Teens

Wolfelt, Alan D., Ph.D.

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart, Companion Press, 2004

According to the author, in the wilderness of grief, touchstones are the trail markers, the signs that let you know you are on the right path.

Young Adults & Adults

(Note: Accompanying journal can also be purchased)

Zackheim, Victoria

Exit Laughing, North Atlantic Books, 2012

People share stories, some moving and others humorous, as a way to make death easier to deal with and to heal after loss. Native American perspective is given to educate on cross-cultural aspects.

Young Adults

Zuba, Tom

Permission to Mourn, Bish Press, 2014

Author has experienced deaths of close family members and shares those insights from what he learned that helped him to grieve differently.

Adults

Zunin, Leonard M., M. D. & Zunin, Hilary S.

The Art of Condolence, Harper Perennial, 1992

This book gives suggestions on what to write, say, and do after a loss.

Adults

PROFESSIONAL

General

Abrams, Rebecca

When Parents Die: Learning to Live With the Loss of a Parent,
Routledge, 2013

This book includes new research in addition to the author's experience to help those who have lost a parent.

Professionals

Hospice Foundation of America,

Living with Grief: At Work, At School, At Worship,

HFA Routledge, 1999

This brochure gives practical suggestions to faith communities during times of loss, illness, and death.

Adults & Professionals *Only available at www.hospicefoundation.org*

Hospice Foundation of America, Edited by Kenneth Doka & Amy Tucci

Beyond Kübler-Ross: New Perspectives on Death, Dying, and Grief, Hospice Foundation of America, 2011

This book focuses on new perspectives and viewpoints developed from the 5-stages model of grief.

Adults & Professionals *Only available at www.hospicefoundation.org*

Hospice Foundation of America, Edited by Kenneth Doka & Amy Tucci

Living with Grief: Children and Adolescents,

Hospice Foundation of America, 2012

This volume helps understand children and adolescents going through loss, many types of grief, and current society aspects including the Internet. Helps understand ways to give support. Professionals and

Adults *Only available at www.hospicefoundation.org*

Hospice Foundation of America

Living with Grief: At Work, Hospice Foundation of America, 2007

This brochure helps both peer workers and supervisors with interaction of an employee facing life-threatening illness and grief in a work setting.

Adults *Only available at www.hospicefoundation.org*

Irish, Donald P., et al, Editors

Ethnic Variations in Dying, Death, and Grief, Taylor & Francis, 1998

This book gives specific variations across cultures in dealing with death and grief.

Professionals

Johnson, Sherry

After a Child Dies: Counseling Bereaved Families, Springer, 1987

This comprehensive text offers counseling information for families after a child dies.

Professionals

Jose, Stephanie, LMHC LCAT

Progressing Through Grief, Althea Press, 2016

Helps answer questions on loss, acknowledging each is unique. Provides guided exercises helping people to understand emotions and recover.

Professionals & Support Group Leaders

Komp, Diane M., M. D.

Why Me?, InterVarsity Press, 2001

Using the story of Biblical Job, Dr. Komp translates pain into a spiritual survival kit.

Professionals

Kosminsky, Phyllis, Ph.D.

Getting Back to Life When Grief Won't Heal,

McGraw Hill Publishers, 2007

This book is for the bereaved, and anyone who works with the bereaved—including counselors, medical staff, clergy, and hospice personnel.

Professionals & Adults

Leon, Irving G.

When A Baby Dies, Yale University, 1992

First in-depth explanation of psychotherapy for those who have experienced the loss of a baby during pregnancy or first few weeks after birth. Integrates narcissism, mourning, and short-term therapy with more traditional psychoanalytical therapy.

Professionals

Nadeau, J.

Families Making Sense of Death, Sage, 1998

An important resource for families and professionals to understand the complexity of the grieving family.

Adults & Professionals

Neimeyer, Robert A.; Winokuer, Howard; Harris, Darcy, & Thornton, Gordon (Eds.)

Grief and Bereavement in Contemporary Society Bridging Research and Practice, Routledge, 2011

This readable book combines research and clinical wisdom including implementation of modules in practice. Covers bereavement, death, and dying, including international aspects.

Professionals

Oaklander, Violet, Ph.D.

Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents,

Center for Gestalt Development, 1988

Gestalt therapy methods, materials, and techniques are covered for children and adolescents.

Professionals

Okun, Barbara & Nowinski, Joseph

Saying Goodbye: A Guide to Coping with a Loved One's Terminal Illness, Berkeley Publishing Group, 2012

Both authors are experienced therapists who help families to grieve and find renewal through their losses.

Professionals & Adults

Rando, T.

Treatment of Complicated Mourning, Research Press, 1993

Comprehensive book on complicated mourning, giving important understanding of the grief process.

Adults & Professionals

Seibert, Dinah; Drolet, Judy; & Fetro, J. V.

Helping Children Live with Death and Loss,

Southern Illinois U., 2003

Specifics for 0-3, 4-8, & 9 and over. What to expect, dialogues.

Includes inventories for adults' death education, experience, and choices regarding death. Activities for coping, literature.

Professionals

Silverman, Phyllis

Never Too Young to Know, Oxford University Press, 1999 & 2000

Book gives important information including research and historical data to give better understanding of grieving children.

Professionals

Smilansky, Sara

On Death—Helping Children Understand and Cope,

Peter Lang, 1987-88

Book covers studies on grieving children in Tel Aviv and how they process grief.

Professionals

Tugendhat, Julia

Living With Loss and Grief, Sheldon Press, 2006

A concise and largely academic overview of the history, ritual, and experience of grief, this book quotes Biblical texts, literature, and poetry to illustrate the universality and variety of grief.

A cultural study of how grief is dealt with collectively.

Professionals

Webb, Nancy Boyd, Editor

Helping Bereaved Children: A Handbook for Practitioners,

Guilford Publishers, 2011, 3rd Edition

This book covers cognitive developmental understanding of death, children's responses to death, and assessing bereaved children.

It includes case examples regarding death of a family member (e.g. grandparents, siblings), a death in the school and community, violent deaths, suicide in the family, and death due to terrorism.

Professionals

Wolfelt, Alan D., Ph.D.

Counseling Skills for Companioning the Mourner,

Companion Press, 2016

Comprehensive guide for counseling and developing a trusting relationship with those who are mourning.

Professionals & Support Group Leaders

Wolfelt, Alan D., Ph.D.

Helping Children Cope with Grief, Routledge, 1983

This is an important resource to aid concerned adults working with grieving children and includes topics for discussion.

Professionals

Worden, James William, Ph.D.

Grief Counseling and Grief Therapy: A Handbook for Mental Health Practitioners, Springer Publishing Co., 2009

Dr. Worden uses Harvard Medical School counseling methods and strategy in working with patients with complicated or difficult grief.

Professionals

Yalom, Irvin D., M.D.

Staring at the Sun: Overcoming the Terror of Death,

Jossey-Bass Publ., 2008

Dr. Yalom helps understand fear of death, causes of anxiety, and helps in finding a path through various losses. Includes his existential approach.

Professionals & Adults

Concerning Death and Crisis in Schools

Burns, Donna M.

When Kids are Grieving: Addressing Grief and Loss in School,

Skyhorse Publishing, 2014

This is a very practical resource to help children and adolescents through the grief process, helping with emotional stability, social interactions, and ways to respond to their needs.

Educators & School Counselors

Cassini K. & Rogers, J.

Death and the Classroom, Compassion Books, 1996

Manual gives guidance to deal practically with death in the classroom.

Teaching Staff

Dougy Center for Grieving Children

Helping the Grieving Student: A Guide for Teachers,

Dougy Center, 1998

At some point every teacher will encounter a student dealing with death and grief. This book gives practical information to help students during this difficult time.

Teachers working with Students Grades 1-12 *Only available at www.dougy.org*

Dougy Center for Grieving Children

When Death Impacts Your School: A Guide for School Administrators, Dougy Center, 2003

This book gives suggestions on how to help students, addressing concerns, and giving ideas on intervention plans after death. It gives information on suicide, violence, and deciding when to ask for outside help.

Administrators *Only available at www.dougy.org*

Gliko-Braden, Majel

Grief Comes to Class, Centering Corporation, 1992

This is a guide for teachers and parents to help bereaved children.
Teaching Staff & Parents

Goldman, Linda

Creating Inclusion and Well-Being in Marginalized Students: Whole-School Approaches to Supporting Children's Grief, Loss, and Trauma,

Jessica Kingley Publishing, 2017

Author provides information and ideas to involve the whole school to help grieving children deal with trauma and loss. Important areas of preventing isolation are covered.

Professional Therapists & Education Staff

Hospice Foundation of America

Living with Grief: Children and Adolescents, HFA, 2008

This brochure helps staff assist students with death, grief, and loss in schools.

Education Staff *Only available at www.hospicefoundation.org*

Klicker, R.

A Student Dies, A School Mourns, Taylor & Francis, 2000

This manual guides schools in reducing the effects of personal loss and suffering when death occurs.

Teaching Staff

Miller, Karen

The Crisis Manual for Early Childhood Teachers,

Gryphon House, 1996

A guide with information and ideas on how to handle difficult classroom problems.

Teaching Staff

O'Toole, D.

Growing Through Grief, Compassion Books, 2006

This is a comprehensive K-12 curriculum to help children through loss.

Teaching Staff

Roe, Gary

Teen Grief, Healing Resource Publishing, 2017

This book is for those living and working with teens outlining how to care for and support the grieving teens and their emotions.

Professionals & Parents/Adults www.garyroe.com

Grief Support Group Guides

Andriessen, Karl; Kryszynska, Karolina; & Grad, Onja T.

Postvention in Action, Hogrefe, 2017

This is a comprehensive handbook (International) for bereavement support with a state-of-the-art guide that acknowledges suicide effects on individuals and many others.

Professionals

Burrell, R.; Coe, B.; & Hamm, G.

Fernside: A Center for Grieving Children, Fernside Publishers, 1994

Informative guidebook for working with grief support groups.

Professionals www.fernside.org

Dougy Center for Grieving Children

Memories Matter: 85 Activities for Grieving Children & Teens,

Dougy Center, 2012

This book is for professionals or parents to use with children and teens with ways to express their grief. It is categorized by topics and helps children process grief.

Children & Teens *Only available at www.dougy.org*

Fernside

Fernside Idea Book, Fernside, 2008

This extensive idea book helps facilitators provide 180 structured activities for all ages.

Counselors & Other Professionals www.fernside.org

Perschy, Mary

Helping Teens Work Through Grief, Routledge, 2004

The guide gives ways to create a teen grief support group and suggests activities.

Professionals

Traumatic Loss – Including 9-11

Doka, Kenneth

Living with Grief after Sudden Loss, Taylor & Francis, 1996

Contains discussions on topics such as treatment implications for traumatic death, social psychological aspects of disaster death, and grief counseling for traumatic loss.

Professionals

Doka, Kenneth & Lattanzi-Licht, M.

Living with Grief: Coping with Public Tragedy,

Routledge, 2003

This book gives a comprehensive look at how people coped with the terrorist attacks during 9-11.

Adults & Professionals

Matsakis, Aphrodite, Ph.D.

Trust after Trauma, New Harbinger Publications, inc., 1998

This is a readable and practical guide helping people from traumatic events and isolation to finding meaning and new relationships.

Adults & Therapists

Zinner, Ellen & Williams, Mary Beth

When a Community Weeps, Routledge, 1999

This gives case studies in group survivorship due to trauma and loss.

Professionals

WORKBOOKS DEALING WITH DEATH

Boulden, Jim

Saying Goodbye, Boulden Publishing, 1992

This is a bereavement workbook for young children.

Ages 5-8

Dougy Center for Grieving Children

After a Death: An Activity Book for Children, Dougy Center, 2007

The book has suggested activities and ideas to help children on ways to deal with loss.

Ages 5-12 *Only available at www.dougy.org*

Fernside

A Book for You from Kids Like You, Fernside

This workbook is from Fernside kids with drawings and quotes encouraging grieving children to express their feelings.

Ages 5-12 *www.fernside.org*

Haasl, Beth & Marnochoa, J.

Bereavement Support Group Program for Children,

Taylor & Francis, 2000

This is a step-by-step workbook with a leader's manual, to assist children's groups for grieving.

Ages 8-13

Hammond, Janice

2 Books: 1.) ***When My Mommy Died***, and 2.) ***When My Dad Died***,

Cranbrook Publishing, 1980

Both workbooks help children through grieving of loss of parent.

Ages 4-9

Heegaard, Marge

When Someone Very Special Dies, Woodland Press, 1996

This workbook encourages bereaved children to express their grief.

Ages 4-7

O'Toole, Donna

Facing Change, Compassion Books, 1995

This is a workbook for pre-teens and teens.

Ages 10 and up

Traisman, Enid S.

Fire in My Heart; Ice in My Veins, Centering Corporation, 1992
Excellent workbook to facilitate teens to encourage memories and help with grieving.
Teens

MILITARY & VETERANS OF WAR

Hospice Foundation of America

Hospice Care & the Military Family,

Hospice Foundation of America, 2007

This brochure explores the uniqueness of the military family when facing death and loss.

Military & Families of Vets *Only available at www.hospicefoundation.org*

Military Websites

Helpful websites for friends and families of Veterans

www.veteranscrisisline.net

Connects Veterans in crisis and their families to Department of Veterans Affairs responders

www.serve.gov

United we Serve is a website devoted to providing resources to Veterans and their families.

www.veteranfamiliesunited.org

Resources for friends and families of Veterans.

www.thesoldiersproject.org

Free confidential psychological counseling for Military service members and their loved ones.

www.unitedchildrenofveterans.com

Website devoted to providing information and resources about post-traumatic stress disorder in children of war Veterans.

www.samsha.gov/veterans-military-families

SAMSHA ensures military service men and women and their families can access behavioral health programs and needs.

www.apa.org/about/gr/issuues/military/mental-health-needs

APA provides mental health needs for service members.

RESOURCES IN SPANISH

Prepared by M. Verónica Elías

Bob Baugher, Ph.D.,

Enfrentar Una Muerte Traumática: Homicidio

www.bobbaugher.wordpress.com

b_kbaugher@yahoo.com

Dougy Center for Grieving Children

Resources in Spanish. *Only available at www.dougy.org*

Mateo Bautista – Cecilia Bazzino, Publisher: San Pablo

Sanar la Muerte de un ser Querido

[Healing the Death of a Loved One]

Father Bautista provides a religious perspective on how to face mourning and to heal after a significant loss. Tools are also provided for those supporting a grieving friend.

Christophe Fauré, Publisher: Kairos

Vivir el Duelo. La Pérdida de un ser Querido.

[Living Grief: The Loss of a Loved One]

This book offers a psychological perspective on mourning, healing, and factors that influence the grieving process.

Arnaldo Pangrazzi, Publisher: San Pablo

El duelo. Cómo elaborar positivamente las pérdidas humanas

[Grief: How to positively work through someone's loss]

The author discusses healing from the loss of a loved one by choosing to understand mourning in a positive way and integrating grief with new achievements.

Jorge Bucay, Publisher: Debolsillo

El camino de las lágrimas [Trail of Tears]

Through storytelling, the author illustrates thinking about death as an inevitable part of life and how to grow personally from a grieving experience.

Marcelo Rittner, *Publisher: Planeta*

Aprendiendo a Decir Adiós. [Learning to Say Goodbye]

When someone dies, it breaks the heart of the loved ones. All that is left is loyalty to life. It is only life which allows us to learn to say good-bye and move forward.

Julio Vicente Pérez and ManejoDelDuelo.com, *Formato Digital*

Lo Más Esencial del Duelo (e-Book) [Essential Grief]

This e-book provides practical answers to questions mourners ask in order to help them deal with grief in a healthy way.

Download for free: <https://manejodelduelo.com>

Sandra Argüelles y ManejoDelDuelo.com, *Formato Digital*

Manual del Acompañante de una Persona en Duelo (E-Book) [Walking Together: Grieving Handbook]

This e-book provides tools and advice to help friends and family to comfort and support someone who is grieving.

ANTI-BULLYING WEBSITES

Bullying and now cyber-bullying are critical issues faced by many young people, and conceptually by many adults in the workplace as well. The impact of bullying has been well researched and we know there is a need for even more research.

With this said, bullying can contribute to feelings of loneliness, isolation, despair, depression, hopelessness, and social anxiousness. In some cases, bullying may contribute to the development of serious and debilitating mental health concerns including suicidal thinking and behavior. In some cases the siblings of young people who died by suicide have become the targets of bullying. We also know that when bullying is not proactively addressed via education, training, policies, procedures, and laws, the victims of bullying may be left to cope with this challenge alone and it is possible the bullying will lead to acts of violence.

We at SMILE believe bullying, including cyber-bullying, is a significant issue in our society that can contribute to poor outcomes for our children. We also know that bullying is associated with significant grief

and loss issues that should be understood by caring adults so grief and loss issues are identified and managed sooner rather than later. We hope these ten anti-bullying resources below are of value in this regard and we have decided to include them in our *Grieving Resource*. As SMILE does not control the content on these websites, we cannot assume any legal responsibility for the information they post.

www.eyesonbullying.org

General information regarding bullying prevention for parents and other concerned individuals. Includes a Tool Kit.

www.pacer.org/bullying

General information regarding bullying prevention for parents and other concerned individuals. Specific information about October as Bullying Prevention Month with lots of ideas for activities.

www.common sense.org/education/digital-citizenship

Provides a Cyber-bullying Package to schools nationwide.

www.glsen.org/cgi-bin/iowa/all/antibullying/index.html

Research-based interventions for schools with age-appropriate anti-bullying programs.

www.bostonvsbullies.org

Gives recommendations from prominent sports figures in each major sport and includes sports-themed skills-building activities focused on bullies, victims, bystanders, and cyberbullying. Also includes activities for elementary and middle school ages.

www.girlshealth.gov/bullying/

Specific information related to girls and bullying.

www.cdc.gov/lgbthealth/youth.htm

Centers for Disease Control and Prevention with information specific to LGBT Youth.

www.esd101.net/Page/1

Site has general information about NEWESD 101 serving schools in Northeastern Washington State and their programs.

www.stopbullying.gov

Community strategies for bully prevention plus information regarding policies and laws specific to each state.

www.cyberbullying.org

Site dedicated to providing up-to-date, research-based information regarding cyber-bullying and adolescents.

