

## Drew's Hope Grief and Loss Lending Library – Books by Category with descriptions

Categories in Order Are:

**Books Related to General Grief**

**Books Related to the Loss of a Parent**

**Books for Children Related to Grief and Loss**

**Books Related to the Loss of an Infant, Miscarriage or Stillborn Loss**

**Books Related to the Loss of A Child**

**Books Related to the Loss of a Spouse**

**Books for Teens Related to Grief and Loss**

**Books Related to Suicide Loss**

**Books Related to Pet Loss**

### **Books Related to General Grief**

**90 Minutes in Heaven. Piper, Don.**

*As he is driving home from a minister's conference, Baptist minister Don Piper collides with a semi-truck that crosses into his lane. He is pronounced dead at the scene. For the next 90 minutes, Piper experiences heaven where he is greeted by those who had influenced him spiritually. He hears beautiful music and feels true peace.*

*Back on earth, a passing minister who had also been at the conference is led to pray for Don even though he knows the man is dead. Piper miraculously comes back to life and the bliss of heaven is replaced by a long and painful recovery.*

*For years Piper kept his heavenly experience to himself. Finally, however, friends and family convinced him to share his remarkable story.*

**A Gift a Mourning Glories—Shaffer, Georgia**

*Like God's mercies, morning glories are new every morning. Their five-pointed flowers will help you remember five practical steps for rebuilding your life after traumatic loss. Author Georgia Shaffer's successful recovery from multiple losses (recurring cancer, divorce, single parenthood, loss of career and income) qualify her as someone who has "been there". Has your life, or the life of someone you love, fallen apart? After the anguish subsides, what then? This is your unique guidebook to recovering a life that is more full than ever.*

### **A Grief Like No Other – O'Hara, Kathleen**

*A Grief Like No Other is the book no one wants to ever have to buy; sadly, many people continue to need it. From 9/11 to Cindy Sheehan's son – from mass tragedies like the recent London bombings to Law and Order type crimes that make the news only to be replaced by another name. As such, more people are left with the aftermath of dealing with the violent death of a loved one. It brings its own special brand of grieving since victim's families can spend years dealing with legal ramifications, guilt, and a myriad of other circumstances that don't accompany "normal" deaths. Kathleen O'Hara knows both sides of this coin. As a therapist, she has counseled hundreds of people dealing with grief. As a mother, she saw her worst fears realized when her college-aged son was brutally murdered in 1999. In the aftermath of Aaron's murder, O'Hara developed the seven stage journey that is at the heart of A Grief Like No Other. Although this is a book for those left behind in the aftermath of violence, it offers concrete and practical steps and stages, allowing family and friends safe passage through this incredibly harrowing journey.*

### **A Grief Observed – Lewis, C.S.**

*Written with love, humility, and faith, this brief but poignant volume was first published in 1961 and concerns the death of C. S. Lewis's wife, the American-born poet Joy Davidman. In her introduction to this new edition, Madeleine L'Engle writes: "I am grateful to Lewis for having the courage to yell, to doubt, to kick at God in angry violence. This is a part of a healthy grief which is not often encouraged. It is helpful indeed that C. S. Lewis, who has been such a successful apologist for Christianity, should have the courage to admit doubt about what he has so superbly proclaimed. It gives us permission to admit our own doubts, our own angers and angishes, and to know that they are part of the soul's growth."*

*Written in longhand in notebooks that Lewis found in his home, A Grief Observed probes the "mad midnight moments" of Lewis's mourning and loss, moments in which he questioned what he had previously believed about life and death, marriage, and even God. Indecision and self-pity assailed Lewis. "We are under the harrow and can't escape," he writes. "I know that the thing I want is exactly the thing I can never get. The old life, the jokes, the drinks, the arguments, the lovemaking, the tiny, heartbreaking commonplace." Writing A Grief Observed as "a defense against total collapse, a safety valve," he came to recognize that "bereavement is a universal and integral part of our experience of love."*

*Lewis writes his statement of faith with precision, humor, and grace. Yet neither is Lewis reluctant to confess his continuing doubts and his awareness of his own human frailty. This is precisely the quality which suggests that A Grief Observed may become "among the great devotional books of our age."*

### **Acquainted with Grief – Encouraging Meditations for Times of Loss – Landrum, Faye**

*Losing a loved one is a shattering experience, and life is never quite the same afterward. But God is always be there to help the grieving "pick up the pieces," giving comfort, strength, guidance-even joy. Writing from personal knowledge and the experience of others, author Faye Landrum provides sixty brief devotionals to help those who've suffered loss through this most difficult time of life. With a focus on*

*Jesus Christ, who was Himself "acquainted with grief," this easy-to-read devotional affirms the emotional struggles every grieving person faces, while encouraging progress in the reader's own time.*

### **After Loss – A Recovery Companion for Those Who Are Grieving – LesStrang, Barbara**

*Called the definitive book on grief recovery by both clergy and care professionals, "AfterLoss, A Recovery Companion for Those Who Are Grieving" was originally published in hard cover by Thos. Nelson, Publishers and is now in its fourth printing in quality full-size paperback. In quiet and understanding words, the author gently provides the reader with both companionship and coping skills following the loss of a loved one. The book also takes the reader through 22 stories of loss and recovery, written by those who travelled the journey through grief and emerged safely. The epilogue contains the expanded text of the widely-acclaimed "After My Loss Credo", which has been translated into six languages, including Chinese and Russian.*

### **Angels: Gods Secret Agents—Graham, Billy**

#### *Publisher's Description*

*Yes, angels are real. They are not the product of your imagination.*

*"If we had open spiritual eyes we would see not only a world filled with evil spirits and powers—but also powerful angels with drawn swords, set for our defense."*

*—Billy Graham*

*Dr. Graham lifts the veil between the visible and the invisible world to give us an eye-opening account of these behind-the-scenes agents. This best-selling classic records the experiences of Dr. Graham and others who are convinced that at moments of special need they have been attended by angels. With keen insight and conviction, Dr. Graham affirms that:*

*God's invisible hosts are better organized than any of the armies of man—or Satan.*

*Angels "think, feel, will, and display emotions."*

*Angels guide, comfort, and provide for people in the midst of suffering and persecution.*

*At death, the faithful will be ushered by angels into the presence of God.*

### **Annie Freeman's Fabulous Traveling Funeral—Radish, Kris**

*For Katherine Givens and the four women about to become her best friends, the adventure begins with a UPS package. Inside is a pair of red sneakers filled with ashes and a note that will forever change their lives. Katherine's oldest and dearest friend, the irrepressible Annie Freeman, left one final request—a traveling funeral—and she wants the most important women in her life as "pallbearers."*

*From Sonoma to Manhattan, Katherine, Laura, Rebecca, Jill, and Marie will carry Annie's ashes to the special places in her life. At every stop there's a surprise encounter and a small miracle waiting, and as they whoop it up across the country, attracting interest wherever they go, they share their deepest secrets—tales of broken hearts and second chances, missed opportunities and new beginnings. And as they grieve over what they've lost, they discover how much is still possible if only they can unravel the secret Annie left them....*

### **At the Hour of Death—Osis, Karlis & Haraldsson, Erlendur**

*In the book by Karlis Osis, Ph.D. and Erlendur Haraldsson, Ph.D. "At the Hour of Death" the two scientists summarize a research project they conducted in the USA and India in which they gathered cases of people who, at the hour of death, experienced deathbed visions. The cases were related to them by doctors and nurses who had been present when the persons died. Just before the onset of death the dying patients would experience a vision or a visitation from what seemed to be an otherworldly dimension. This vision generally had a very positive effect on the dying; it made them more at peace and more willing to "leave".*

### **Bereavement at Work-A Practical Guide—Charles-Edwards, David**

*A death affects the workplace in many ways. If the deceased was an employee, for example, or the partner of an employee, his or her manager will face many difficult issues - from emotional to practical. This guide breaks new ground in placing bereavement on the management skills agenda. For managers, human resource and occupational health specialists, this is an essential guide. Contents include managers responsibilities when someone is bereaved, what to avoid, the impact of death on other employees, how to cope if someone dies at work, how much bereavement support is necessary.*

### **Beyond Death's Door (DVD)**

*BEYOND DEATH'S DOOR gives us hope that we can learn to live again after the death of a loved one, and not just survive. Our task is to embrace all of their life---the good parts, the ugly parts, the hard parts---and then to make sure that love is what we remember most*

### **Bridges— St. Cloud, Terri**

*Poetry book aimed at grief and struggle.*

### **Cry Until You Laugh—Obershaw, Richard**

*This book mixes humor with solid practical advice for coping with grief in a down-to-earth, meet-you-where-you-live approach.*

### **Dealing with Grief at the Holidays – Tibbetts, Steven. (CD)**

### **Death & Dying, Life & Living—Corr, Charles A**

*Practical and inspiring, this best-selling book helps you learn to cope with encounters with death, dying, and bereavement. The authors integrate classical and contemporary material, present task-based approaches for individual and family coping, and include four substantial chapters devoted to death-related issues faced by children, adolescents, adults, and the elderly. The text discusses a variety of*

*cultural and religious perspectives that affect people's understandings and practices associated with such encounters. The book also offers practical guidelines for constructive communication designed to encourage productive living in the face of death.*

**Finding the Right Words – Offering Care & Comfort When You Don't Know What To Say – Bockelman, Wilfred**

*Practical suggestions for offering care and comfort. Bockelman discusses many common situations and provides guidelines for using Scripture and sharing your faith as you reach out to others.*

**Flight From Death-The Quest for Immortality—Media, Tankerous (DVD)**

*Narrated by Gabriel Byrne, Flight from Death, is a seven-time Best Documentary award-winning film which uncovers death anxiety as a possible root cause of many of our behaviors on a psychological, spiritual, and cultural level.*

**Food to Die For: A Book of Funeral Food, Tips and Tales—Bemis-Ward, Jessica**

*How often have you been unsure of what to say or do when confronted with the death of a friend, relative, or acquaintance? Food to Die For will help in many ways. Inside you'll find...*

*\* Over 100 great recipes for Central Virginia's favorite comfort foods, including Jane's Corn Pudding, Cheese Straws, Mur's Peas, Bookstore Punch, and Sweet Briar Cookies*

*\* Lighthearted looks at funeral customs, old and new*

*\* Practical advice for writing obituaries and condolence notes*

*You'll also learn...*

*\* Useful terminology like "funeral tsar" and "dying order"*

*\* How to make a gingerbread house*

*\* Why thousands of people each year visit Lynchburg's public cemetery*

*The cookbook contains 180 pages of recipes, etiquette, and anecdotes. It is fully indexed and profusely illustrated with black-and-white photographs of the Old City Cemetery. We guarantee Food to Die For will be one of the most delightful and entertaining cookbooks you'll ever read!*

*Jessica Bemis Ward, the compiler and author, is an experienced cook, hostess, and, most importantly, funeral-goer! Having married into a large, well-known (and aging) family over 40 years ago, she has found herself many times in the midst of funeral arrangements. She shares her ringside observations in this new book. Her wit and wisdom are bountiful, her suggestions helpful, and her taste in both food and style "to die for"*

**Geranium Morning: A Book About Grief—Graef, Renee**

*Two friends who lose parents, one suddenly in an accident and one by illness, learn to deal with their grief.*

**Getting Through the Holidays When You've Lost a Loved One—Sims, Darcie**

**Good Grief. Westberg, Granger E.**

*For fifty years Good Grief has helped millions of readers find comfort and rediscover hope after loss. Today this classic text continues to offer helpful insights on the emotional and physical responses persons may experience during the natural process of grieving. Good Grief identifies ten stages of grief: shock, emotion, depression, physical distress, panic, guilt, anger, resistance, hope, and acceptance but, recognizing that grief is complex and deeply personal, defines no right way to grieve. Whether grieving the death of a loved one, the end of a marriage, the loss of a job, or other difficult life changes.*

**Good Words Memorializing Through a Eulogy: Eulogies for Children—Hewett, Beth L. PHD.**

*Beth Hewett explains the process of writing a eulogy for a child in this booklet/workbook excerpted from Good Words: Memorializing Through a Eulogy.*

*The eulogy. It's not about the bowling scores. It's about who our loved ones were - the human qualities, virtues, and noble deeds that made them people of value in the world. Good Words: Memorializing Through a Eulogy teaches how a eulogy can help us in difficult times of grief. This book walks readers through the writing process to help them develop powerful and personal eulogies. It also helps readers learn how to deliver the eulogy effectively. Good Words is full of useful information about eulogies like how and when to include children in the ceremony, how to revise and polish a eulogy after the funeral or memorial ceremony, and how various religious perspectives from a wide variety of spiritual traditions might influence the eulogy*

**Grace for Grief—Pink, Brenda and Michael**

*This book, featuring a new cover, contains 365 Bible passages with heartfelt, "prayer-like" responses that express the anguish of the soul and cry of a grieving person during their first year of loss.*

**Grief...reminders for healing. Massey, Gale. (tiny booklet)**

**Grief-What It Is and What You Can Do—Johnson, Marvin**

*Grief takes time. You won't get over it in a month or even a year. In fact, you never get over it. You never get through it. You blend it into your life and make it a part of who you are. In this very gentle book, Joy and Marv walk with you as you begin your journey into grief and healing.*

**Grief For A Season – Tengbom, Mildred**

*Many of us do not know how to comfort those in a grieving state. A compassionate book that walks grieving loved ones toward recovery.*

**Handling the Holidays (Revised Edition – 1993) – Conley, Bruce**

### **Happy Again, Your New and Meaningful Life After Loss—Hodgson, Harriet**

*"Will I survive? Will I ever be happy again? Questions that Harriet Hodgson asked herself after she was left to raise her twin grandchildren, while grieving for four family members, including her daughter. Harriet reminds us that we are not alone in our grief and, though losses may define our lives, they will not destroy them. This book tugged at my heartstrings. Harriet's account of a journey from despair to hope is filled with practical suggestions on how to once again have a meaningful life. Happy Again! inspired me and I think it will inspire you." ~ Heidi Horsley, PsyD, LMSW, Executive Director, Open to Hope Foundation and Adjunct Professor, Columbia University "Harriet Hodgson speaks wisely and compassionately from the very depths of her soul. Engagingly written with personal experiences, psychological insights, and practical wisdom, she transforms crushing tragedy to growth and a positive affirmation of life." ~ Rabbi Earl Grollman, DHL, DD, author of Living When a Loved One has Died*

### **Healing Grief – Fifth Edition. Jensen, Amy Hillyard.**

### **Heaven Is For Real—Burpo, Todd**

*A young boy emerges from life-saving surgery with remarkable stories of his visit to heaven.*

*Heaven Is for Real is the true story of the four-year old son of a small town Nebraska pastor who during emergency surgery slips from consciousness and enters heaven. He survives and begins talking about being able to look down and see the doctor operating and his dad praying in the waiting room. The family didn't know what to believe but soon the evidence was clear.*

*Colton said he met his miscarried sister, whom no one had told him about, and his great grandfather who died 30 years before Colton was born, then shared impossible-to-know details about each. He describes the horse that only Jesus could ride, about how "reaally big" God and his chair are, and how the Holy Spirit "shoots down power" from heaven to help us.*

*Told by the father, but often in Colton's own words, the disarmingly simple message is heaven is a real place, Jesus really loves children, and be ready, there is a coming last battle.*

### **Helping the Grieving Student, A guide for Teachers—The Dougy Center**

*At some point, every teacher will encounter a student who has been affected by a death. This guidebook is an essential resource for elementary, middle- and high-school teachers, offering practical tips and information to respond to a death.*

### **Helping Yourself Heal When Someone Dies (small booklet) – Wolfelt, Alan**

*This classic resource helps guide the bereaved person through the loss of a loved one, and provides an opportunity to learn to live with and work through the personal grief process.*

**Holiday Grief – Preparing for Holidays and Other Special Days. Moore, Barbara & Williams, Dennis.**

**(tiny booklet)**

**How Can I Help – Cerza-Kolf, June**

*How do you help someone who is grieving? When do you call? How can you help with practical matters? What kind of emotions can you expect to encounter? Here's a helping hand with these difficult issues.*

*Listen to real-life stories that are easy to relate to, and benefit from concrete ideas to help others in each stage of grief.*

*You just found out ... Responding to the news -- what to say and do, and what not to*

*One week after ... Listening and offering unconditional support*

*First six months ... Helping with practical matters -- belongings, finances, change in residence*

*One-year anniversary ... Remembering their loved one*

*Being a support for someone who is grieving can be draining. June also helps you to remember to take care of yourself so you can keep on giving.*

**If God Is So Good, Why Do I Hurt So Bad? – Biebel, David**

*When his son died of a rare genetic disorder, David B. Biebel heard the well-meaning advice of his friends and family, but still struggled with one question: why? Why did this happen and why is speaking the truth about pain and suffering so hard? In this powerful book, Biebel leaves behind the typical but ineffective words of comfort and instead offers the unvarnished truth about illness, death, divorce, financial ruin, and more. His Christian perspective, real life examples, and keen insight will help readers sort through their pain and see the value in their trials. Through it all they'll discover that God is more loving, understanding, and forgiving than they could ever imagine.*

**It Doesn't Take a Brain Surgeon to Figure Out: Take Life One Day at a Time - Topper, Zack**

*"Whether this is your first experience with cancer, a recurrence after remission, or any serious personal challenge that you might face, life as you know it is turned upside down...I have chosen to share my experiences with others in the hope that I may reach out a hand to lift you back to your feet and be your guide. Remember, no matter what lies ahead...you are not alone."*

**It's Not Your Fault—Flynn, Jessie**

**It's OK – A Journey Through Grief. Mitchell, Steven. (tiny booklet)**



### **Liberating Losses – Ellison, Jennifer**

*When someone dies, those left behind are expected to grieve. But, as taboo as it is to admit, not every death brings great sadness. Labeled "nontraditional grief response" by therapists and counselors, a positive reaction following a death is becoming more common, especially now that drugs and medical treatments keep people alive much longer than they or their families might wish. Sometimes we are relieved that our loved one is no longer suffering; at the other end of the spectrum, a death might finally free us of an abusive or unhappy relationship. In either case, the cultural expectation for sadness, loneliness, and despair only adds to the guilt and conflict felt by many "relieved grievers." Authors Jennifer Ellison and Chris McGonigle have lived through their own "liberating losses." Illuminating for the first time a reaction that many deem insensitive, inappropriate, or strange, Ellison and McGonigle share their own and others' stories, thoughtful clinical analysis, and pragmatic counsel. Wise, compassionate, and groundbreaking, *Liberating Losses* expands the traditional definition of grief and, in so doing, generously validates the feelings that so many feel obliged to hide.*

### **Life After Loss – Moody, Raymond & Arcangel, Dianne**

*A unique approach to understanding and overcoming grief.*

*Bestselling author Raymond Moody and his colleague Dianne Arcangel show how the grieving process can transform our fear and grief into spiritual and emotional growth.*

### **Life Beyond Loss – From Geisel Funeral Home**

### **Living When A Loved One Has Died – Grollman, Earl**

*When someone you love dies, Earl Grollman writes, "there is no way to predict how you will feel. The reactions of grief are not like recipes, with given ingredients, and certain results. . . . Grief is universal. At the same time it is extremely personal. Heal in your own way."*

*If you are grieving, *Living When a Loved One Has Died* can help. This gentle, reassuring book explains the bewildering feelings that arise after a loved one's death and helps you honestly confront your loss. While the journey through grief is neither straightforward nor simple, *Living When a Loved One Has Died* will be an invaluable companion as you sort through your feelings, take steps toward healing, and begin to build a new life.*

### **Loved One—Noel, Brooke & Blair, Pamela D.**

*Now there is a hand to hold...*

*Each year about eight million Americans suffer the death of someone close to them. Now for those who face the challenges of sudden death, there is a hand to hold, written by two women who have experienced sudden loss. This updated edition of the best-selling bereavement classic will touch, comfort, uplift and*

*console. Authors Brook Noel and Pamela D. Blair, Ph.D. explore sudden death and offers a comforting hand to hold for those who are grieving the sudden death of a loved one.*

*Featured on ABC World News, Fox and Friends and many other shows, this book acts as a touchstone of sanity through difficult times. I Wasn't Ready to Say Goodbye covers such difficult topics as the first few weeks, suicide, death of a child, children and grief, funerals and rituals, physical effects, homicide and depression. New material covers the unique circumstances of loss, men and women's grieving styles, religion and faith, myths and misunderstandings, I Wasn't Ready to Say Goodbye reflects the shifting face of grief.*

*These pages have offered solace to over eighty thousand people, ranging from seniors to teenagers and from the newly bereaved to those who lost a loved one years ago. Individuals engulfed by the immediate aftermath will find a special chapter covering the first few weeks.*

*Tapping their personal histories and drawing on numerous interviews, authors Brook Noel and Pamela D. Blair, Ph.D, explore unexpected death and its role in the cycle of life. I Wasn't Ready to Say Goodbye provides survivors with a rock-steady anchor from which to weather the storm of pain and begin to rebuild their lives.*

#### **May I Walk You Home—Courage & Comfort for Caregivers of the Very Ill. Hutchison, Joyce**

*Reissued on its tenth anniversary, May I Walk You Home? remains an invaluable resource for professional caregivers and loved ones assisting those on their final journey home. Accompanied by the experience and empathy of hospice educator Joyce Hutchison and the wisdom and inspiration of best-selling author Joyce Rupp, readers will discover the courage necessary to embrace the struggles and rewards of this final companionship.*

#### **Maybe it's Time to Laugh Again—Swindol, Charles**

#### **Rowing Without Oars: A Memoir of Living and Dying. Lindquist, Ulla-Carin.**

*Ulla -Carin Lindquist was happily married, with four adoring children and a successful career as a newscaster. All of that changed when her fiftieth birthday drew near, and she was diagnosed with ALS, also known as Lou Gehrig's disease. In the face of this incurable, degenerative disease, Ulla kept a journal chronicling the last years of her life, not only for her children's sake but also to help her cope with her impending death. As powerful and moving as books such as *The Diving Bell and the Butterfly* and *Tuesdays with Morrie*, Ulla's unflinching account is an unforgettable reminder of how precious life really is.*

#### **Saying Goodbye to Someone You Love—Dresser, Norine**

*Saying Goodbye To Someone You Love consists of moving narratives about end of life and grief. These personal histories are complemented by practical guidelines for those caring for their loved ones through the last stages of life. For those who are grieving, the true-to-life-stories*

*demonstrate how others have navigated through the tidal wave of emotions and reactions that characterize the grief process. For health care professionals and those who are offering support to grievers, *Saying Goodbye To Someone You Love* provides a new perspective on the challenges of caring for the dying and living with grief.*

*Hundreds of poignant, touching, loving, humorous personal experiences address readers' concerns and curiosity about how others have faced life's final chapter with love and dignity. Specific issues include talking about death, hospice, funerals, grieving, and celebrating life.*

*Saying Goodbye To Someone You Love empowers readers by*

- *Bringing compassion and awareness to end of life issues*
- *Providing examples of loving care at the moment of death*
- *illuminating uncharted territory*
- *Demonstrating how others cope*
- *Demystifying the grief process*
- *Inspiring hope*

*The narratives and advice in *Saying Goodbye To Someone You Love* benefits family members, friends and health care professionals as they travel the emotional journey through end of life and grief.*

#### **Second Guessing God—Jones, Brian**

*"Why does God allow bad things to happen?" This book is Jones's response to that question. Like a good friend, Brian comes alongside those seeking help in trials of life to help them find meaning and strength.*

#### **Smiling Through Your Tears: Anticipating Grief—Hodgson, Harriet**

*This is a self-help book for anyone who is going through anticipatory grief - early grief before a death or dreaded event has occurred. It is packed with coping tips and, best of all, 114 Healing Steps, which lead the reader to his or her healing path.*

#### **Stories for the Families Heart—Gray, Alice.**

#### **Tear Soup – A Recipe for Healing After Loss. Schwiebert, Pat & DeKlyen, Chuck. (DVD & book versions)**

*If you are going to buy only one book on grief, this is the one to get! It will validate your grief experience, and you can share it with your children. You can leave it on the coffee table so others will pick it up, read it, and then better appreciate your grieving time. Grand's Cooking Tips section at the back of the book is rich with wisdom and concrete recommendations. Better than a casserole!*

#### **The Blue Day Book – Greive, Bradley Trevor**

*This is the first paperback edition of the classic gift book.*

*No one who has lips will be able to read *The Blue Day Book* without smiling.*

*The Blue Day Book is a wonderful collection of amusing, poignant animal photos and inspirational text designed to lift the spirits of anyone who's got the blues. No one who has lips will be able to read it without smiling; it's guaranteed.*

*The fact is, we all have our bad days--they are an intrinsic part of being human. As prescribed by *The Blue Day Book* in its delightful photo and text messages, the solution is to see each incident in perspective, recognize that our feelings of failure and loss are not unique, acknowledge the absurdities of our existence, and glory in the potential we all have.*

*In less than 100 sentences, *The Blue Day Book* conveys this message with great compassion and humor. Its vehicle is charming black-and-white photographs of animals that are strangely human and completely free of judgment or pretension. The humble marriage of easy text and beautiful images takes the reader through the entire evolution of a blue day, examines what it feels like, what causes it, and how to get over it.*

#### **The Courage To Grieve – Tatelbaum, Judy**

*This unusual self-help book about surviving grief offers the reader comfort and inspiration. Each of us will face some loss, sorrow and disappointment in our lives, and *The Courage to Grieve* provides the specific help we need to enable us to face our grief fully and to recover and grow from the experience. Although the book emphasizes the response to the death of a loved one, *The Courage to Grieve* can help with every kind of loss and grief.*

*Judy Tatelbaum gives us a fresh look at understanding grief, showing us that grief is a natural, inevitable human experience, including all the unexpected, intense and uncomfortable emotions like sorrow, guilt, loneliness, resentment, confusion, or even the temporary loss of the will to live. The emphasis is to clarify and offer help, and the tone is spiritual, optimistic, creative and easy to understand. Judy Tatelbaum provides excellent advice on how to help oneself and others get through the immediate experience of death and the grief that follows, as well as how to understand the special grief of children. Particularly useful are the techniques for completing or "finishing" grief--counteracting the popular misconception that grief never ends. *The Courage to Grieve* shows us how to live life with the ultimate courage: not fearing death. This book is about so much more than death and grieving it is about life and joy and growth.*

#### **The Gift of A Memory – Richmond, Marianne**

*"May you sense your loved one's spirit on a lazy sunshine day  
and know the one you miss delights to watch you laugh and play."*

*The Gift of a Memory is a warm and gentle gift of love that commemorates the loss of a special life and celebrates our most cherished memories. Each page, with its tender prose and reflective artwork, is a hug for the healing heart.*

*Created to be a welcome friend for life's emotional journey of loss, this keepsake offers sensitive compassion, hope, and comfort. A beautiful section in the back of the book honors our memories, inviting friends and family to record their treasured recollections.*

*This jewel of a book belongs on a coffee table or at bedside...to read and re-read whenever you need The Gift of a Memory.*

### **The Grief Recovery Handbook – James, John W.**

*Newly updated and expanded to commemorate its twentieth anniversary—this classic resource helps people complete the grieving process and move toward recovery and happiness.*

*Incomplete recovery from grief can have a lifelong negative effect on the capacity for happiness. Drawing from their own histories as well as from others', the authors illustrate how it is possible to recover from grief and regain energy and spontaneity. Based on a proven program, The Grief Recovery Handbook offers grievers the specific actions needed to move beyond loss. New material in this edition includes guidance for dealing with:*

*Loss of faith*

*Loss of career and financial issues*

*Loss of health*

*Growing up in an alcoholic or dysfunctional home*

### **The Lord is Near to the Brokenhearted.**

### **The Journey Through Grief – Reflections on Healing – Wolfelt, Alan**

*This spiritual companion for mourners affirms their need to mourn and invites them to journey through their very unique and personal grief. Detailed are the six needs that all mourners must yield to and eventually embrace if they are to go on to find continued meaning in life and living, including the need to remember the deceased loved one and the need for support from others. Short explanations of each mourning need are followed by brief, spiritual passages that, when read slowly and reflectively, help mourners work through their unique thoughts and feelings. Also included in this revised edition are journaling sections for mourners to write out their personal responses to each of the six needs.*

### **The Next Place—Warren, Hanson.**

*An inspirational journey of light and hope to a place where earthly hurts are left behind.*

### **The Shack—Young, Paul.**

*Mackenzie Allen Phillips's youngest daughter, Missy, has been abducted during a family vacation, and evidence that she may have been brutally murdered is found in an abandoned shack deep in the Oregon wilderness. Four years later, in this midst of his great sadness, Mack receives a suspicious note, apparently from God, inviting him back to that shack for a weekend. Against his better judgment he arrives at the shack on wintry afternoon and walks back into his darkest nightmare. What he finds there will change his life forever.*

### **Understanding Your Grief—Wolfelt, Aland D. Ph.D.**

*Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have. Questions of spirituality and religion are addressed as well. The rights of mourners to be compassionate with themselves, to lean on others for help, and to trust in their ability to heal are upheld. Journaling sections encourage mourners to articulate their unique thoughts and feelings.*

### **Using God's Memories to Help Heal Your Grief—Mundy, Linus.**

### **Walking Through Grief and Loss—Rupp, Joyce.**

### **What Can I Say and Do? – Osmont, Kelly**

### **When Bad Things Happen to Good People. Kushner, Harold.**

*When Harold Kushner's three-year-old son was diagnosed with a degenerative disease and that he would only live until his early teens, he was faced with one of life's most difficult questions: Why, God? Years later, Rabbi Kushner wrote this straightforward, elegant contemplation of the doubts and fears that arise when tragedy strikes. Kushner shares his wisdom as a rabbi, a parent, a reader, and a human being. Often imitated but never superseded, *When Bad Things Happen to Good People* is a classic that offers clear thinking and consolation in times of sorrow.*

*Since its original publication in 1981, *When Bad Things Happen to Good People* has brought solace and hope to millions of readers and its author has become a nationally known spiritual leader.*

### **When there are no words—Walton, Charlie.**

*This book is designed to help those who are dealing with loss handle it in a way that is natural for them.*

### **When you Lose a Loved One—Allen, Chris.**

*When You Lose a Loved One presents a hopeful message of resurrection and eternal life--a message Christians have heard so many times before. But in death's aftermath, people often need assurance of what they know is true about life after death. So Charles Allen offers the bereaved a beautifully crafted reminder that the Easter message robs death of its terror and promises a solution to life's mysteries.*

*Intermingled with Allen's prose are the comforting poems of Helen Steiner Rice. With an updated look and new organization, this encouraging book will bring meaning and hope to those who have lost loved ones.*

#### **When You Lose Someone You Love – Exley, Richard.**

*There is nothing more devastating than the death of a loved one. And whether it comes suddenly and unexpectedly, or at the end of a long and painful illness, every death is experienced anew, a shocking loss that takes our breath away and leaves us disoriented and lost.*

*Grief is mysterious, misunderstood, and experienced differently from individual to individual, yet there are certain universal elements. In this compassionate epistolary handbook on grief, a pastor offers comfort and understanding to a man suffering a profound loss, showing grief as a healthy process that God can use to mend broken hearts.*

*Revised and updated, this twentieth-anniversary edition features prayers and scripture meditation, as well as a new introduction and epilogue. Simple, profound, personal, compassionate ... When You Lose Someone You Love tenderly walks the grief-stricken through sorrow to peace and, eventually, renewed joy.*

#### **Where is God when it Hurts?—Yancey, Philip.**

*If there is a loving God, then why is it that ... ? You've heard that question, perhaps asked it yourself. No matter how you complete it, at its root lies the issue of pain. Does God order our suffering? Does he decree an abusive childhood, orchestrate a jet crash, steer a tornado through a community? Or did he simply wind up the world's mainspring and now is watching from a distance? In this Gold Medallion Award--winning book, Philip Yancey reveals a God who is neither capricious nor unconcerned. Using examples from the Bible and from his own experiences, Yancey looks at pain---physical, emotional, and spiritual--and helps us understand why we suffer. Where Is God When It Hurts? will speak to those for whom life sometimes just doesn't make sense. And it will help equip anyone who wants to reach out to someone in pain but just doesn't know what to say.*

## **Books Related to the Loss of A Parent**

#### **After A Parents Suicide – Requarth, Margo.**

*After a Parent's Suicide: Helping Children Heal focuses on how to help children and teens in the aftermath of a parent's suicide. The book provides an overview of current thinking/research on suicide and explores the increased risk of mental health issues for child survivors. In addition to information*

*about how children grieve at different developmental levels, it also offers comfort to the bereaved, specific coping strategies for families facing this trauma, and insight into what promotes resiliency.*

### **After Charlotte's Mom Died – Spelman, Cornelia**

*Kindergarten-Grade 2 Though Spelman's book is not unique, it deals with the subject of grief in a compassionate, understanding way. While the focus is on the individual hardships of losing a loved one, the story also highlights the importance of seeking help from a therapist. This, ultimately, is the only way Charlotte and her father can come to grips with their grief. The soft watercolor and colored-pencil illustrations work well with the text and sensitively convey the characters' emotions. Similar to E. Sandy Powell's *Geranium Morning* (Carolrhoda, 1990), Spelman's title goes a step further by discussing the importance of seeking professional help.*

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

*While the death of a parent is always painful, losing both is life-altering. When author Allison Gilbert lost both parents at age 32, she could not find any books that spoke to her with the same level of compassion and reassurance that she found in the support group she belonged to, so she decided to write one of her own. The result is a sensitive and candid portrayal of loss that brings together experiences from famous and ordinary grief-stricken sons and daughters that explores the regrets, heartache and sometimes, relief, that accompanies pain and healing.*

*Always Too Soon provides a range of intimate conversations with those — famous and not — who have lost both parents, providing readers with a source of comfort and inspiration as they learn to negotiate their new place in the world. Contributors include Hope Edelman, Geraldine Ferraro, Dennis Franz, Barbara Ehrenreich, Yogi Berra, Rosanne Cash, and Ice-T, as well as those who lost parents to the Oklahoma City bombing, the World Trade Center bombings, drunk driving, and more.*

### **Daddy's Chair—Lanton, Sandy**

*Michael's dad has died, and the family is observing shiva, the Jewish week of mourning. As the days go by, and friends and family visit, Michael gradually comes to terms with his father's death. The sepia wash drawings of Daddy's empty chair serve as a poignant symbol of loss.*

### **Feathers Brush My Heart—Browning, Sinclair**

*The mother-daughter bond is eternal. A cherished memory, a prized possession, a favorite recipe—so many things are reminders that a mother's love lives on, even after death. For the seventy real women in this heartwarming volume, that link has remained unbroken in a most extraordinary way.*

*One night, while sitting around the campfire with friends, Sinclair Browning shared the story of her actress mother, who used to warm up with breathing exercises before going on stage.*

### **Geranium Morning: A Book About Grief—Graef, Renee**

*Two friends who lose parents, one suddenly in an accident and one by illness, learn to deal with their grief.*



## **Grieving the Loss of your Parent—Ball, Judy**

### **Healing the Adult Child's Grieving Heart, 100 Practical Ideas After Your Parent Dies—Wolfelt, Alan D.**

*Offering heartfelt and simple advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language, but provides small, immediate ways to understand and reconcile grief. Some of the action-oriented tips include writing down memories, completing a task or goal left unfinished by your deceased parent, or honoring the parent's birthday. In addition the common challenges that face grieving adult children, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed clearly and concisely.*

### **Healing the Adult Sibling's Grieving Heart, 100 Practical Ideas after your brother or sister dies—Wolfelt, Alan D.**

*Compassionate and heartfelt, this collection offers 100 practical ideas to help understand and accept the passing of a sibling in order to practice self-healing. The principles of grief and mourning are clearly defined, accompanied by action-oriented tips for embracing bereavement. Whether a sibling has died as a young or older adult or the death was sudden or anticipated, this resource provides a healthy approach to dealing with the aftermath.*

### **How It Feels When A Parent Dies—Krementz, Jill**

*18 children from age 7 - 17, speak openly of their experiences and feelings. As they speak we see them in photos with their surviving parent and with other family members, in the midst of their everyday lives.*

### **Longing for Dad: Father Loss and Its Impact. Erickson, Beth M.**

*Whether you lost your father through death or divorce, or you wished he would have said "I love you" instead of merely being a good provider, you may harbor unresolved hurt in your soul.*

*When denied meaningful contact with our fathers, either physically or emotionally, a gaping hole or "father hunger" emerges in the child's psyche. If left unfulfilled, this "father hunger" triggers pronounced psychological patterns consigning that child to personal and professional dead-ends as an adult. Father hunger manifests itself in many forms: workaholism, substance abuse, chronic depression, sexual promiscuity, violent behavior, food addiction, and an inability to sustain intimate relationships.*

*Dr. Beth Erickson shows you how to identify, validate and heal the pain surrounding father loss and explore the spiritual crises that unresolved loss such as this generates. By sharing compelling case studies of men and women, and her own personal struggle to accept her father's death, she guides you through the healing process. After reading the dialogues and completing the exercises, you will fill the hole in your soul and emerge from the journey at peace with yourself and your relationships with your father.*

### **Motherless Daughters, The Legacy of Loss—Edelman, Hope**

*An instant bestseller in both hardcover and paperback, Hope Edelman's Motherless Daughters explores the myriad ways that losing a mother can affect almost every aspect and passage of a woman's life. First published a decade ago, it is still the book that motherless daughters of all ages look to for understanding and comfort and that they press into each other's hands. Building on interviews with hundreds of mother-loss survivors, this life-affirming book is now newly expanded to reflect the author's personal experience with the continued legacy of mother loss; now married and a mother of young children herself, Edelman better understands how the effects of mother loss change over time and in light of new relationships. A work of stunning courage and honesty, Motherless Daughters is a must read for the millions of women whose mothers have gone, but whose need for healing, mourning, and mothering remains. It is a timeless classic.*

**My Mom Is Dying—McNamara, Jill Westberg**

*"What will happen to me if my mom dies?" This question, along with many others, is answered when a girl named Kristine learns her mother is dying. Through 17 conversations with God, Kristine begins to understand her feelings. Written in diary form in conversational tone, the book includes a discussion supplement to help parents and children talk about death, grieving, and God's love. Full color.*

**Never the Same – Coming to Terms with the Death of a Parent. Schuurman, Donna.**

*Children and teens who experience the death of a parent are never the same. Only in the last decade have counselors acknowledged that children grieve too, and that unresolved issues can negatively impact children into adulthood. Unaddressed grief can lead to depression, substance abuse, and relationship difficulties. For at least three generations of adults, these issues have been largely ignored. Having worked with thousands of families as Executive Director of the Dougy Center for Grieving Children, Donna Schuurman understands the dangers of unresolved grief better than anyone else. In Never the Same, Schuurman offers expert advice and encouragement to empower readers to reflect on their unique situation, come to terms with the influence of their parent's death, and live more healthful, peaceful lives.*

*The only book of its kind, Never the Same is an essential companion for those still struggling with the early loss of a parent.*

**On Grieving the Death of a Father—Smith, Harold Ivan**

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

**The Death of A Parent – Reflections for Adults Mourning the Loss of a Father or Mother. Chatman, Delle.**

*Adult children, regardless of whether they are in their twenties or sixties or somewhere in between, often need to do much more than make the funeral arrangements. Intertwined with the grief process are many personal concerns that surface and need to be addressed. Whether the adult child was quite close to the deceased parent or rather distant, whether the parent's death was sudden or came after a long illness, many powerful feelings and memories arise when a parent dies. Adult children must deal with the*

*immediate loss plus unresolved issues from the past, the new shape of their family, the reality of their own identity and mortality, and the relevance of religious beliefs and values. This book is filled with stories of people who have lost a parent and how they dealt with the reality of the event. Eighteen stories divided into eight sections touch on a wide range of emotions and situations related to grief, loss and moving on with one's own life in a healthy manner. A spiritual reflection concludes each section.*

### **When Your Father Dies, How a Man Dealt with the Loss of His Father—Ortberg, John**

*Whether his passing was sudden or gradual, regardless of the health of the father-son relationship . . . when the man who gave you life dies, a part of you dies as well. It is an emotional rite of passage that affects who you are, how you relate to others, how you deal with your past, and how you face your future.*

*You will find study questions at the end of each chapter in this book as authors Dave Veerman and Bruce Barton share their own emotional journeys, along with the insights and practical advice of professional counselors.*

*Each chapter of When Your Father Dies also focuses on a specific life experience with personal accounts of men – some famous and some not – who have lost their fathers:*

*"My father's death changed my relationship with God. I learned that He's in charge, not me."*

*"When I realized how young my dad had died [at 59], I knew that I had no time to waste if I was going to make something of my life."*

*More than a book about grief, When your Father Dies is a map through the complex emotions and changes a man goes through following the loss of his father.*

## **Books for Children Related to Grief and Loss**

### **A Bunch of Balloons—Ferguson, Dorothy.**

*A book to help grieving children acknowledge what they have lost and celebrate what they still have left when someone they love had died.*

### **A Terrible Thing Happened. Holmes, Margaret.**

*Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. He felt nervous for no reason. Sometimes his stomach hurt. He had bad dreams. And he started to feel angry and do mean things, which got him in trouble. Then he met Ms. Maple, who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better. This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers extensive suggestions for helping traumatized children, including a list of other sources that focus on specific events.*

### **After Charlotte's Mom Died – Spelman, Cornelia**

*Because her mom's death causes six-year-old Charlotte to feel sad, mad, and scared, she and her dad visit a therapist who helps them acknowledge and express their feelings.*

**Animal Crackers—Marshall, Bridget**

*When her grandmother starts forgetting things, has to go into a nursing home and then dies, a young girl tries to remember the good times they had shared.*

**Aarvy Aardvark Finds Hope—O'Toole, Donna**

*Our classic Read-Aloud Story for people of all ages about loving & losing, friendship & hope. Aarvy has lost his family and is filled with despair and hopelessness until a true friend helps him learn about the strengths within himself. Beautiful line drawings by Kore Loy McWhirter can be colored in. Aarvy helps us learn that: Grief is a natural healing process; Grief is emotional physical, spiritual; Grief is highly personal; Grief can connect rather than separate when experienced fully; It is OK to remember; Rituals and imagination assist healing; Friends can hold hope, witness sorrow, and assist healing.*

**Always My Brother—Reagan, Jean.**

**Chicken Soup for the Kid Soul – Various Authors.**

*Today's kids face grave issues and harder decisions than ever before. Gang warfare, violence, drugs, alcohol, smoking, pregnancy, depression and suicide have found their way into middle and elementary schools. Divorce splits apart families every day. These issues make kids feel as if they must understand and accept all the troubles of the world.*

*Now more than ever, kids want and need the inspiration and hope that Chicken Soup for the Soul provides. In this special volume, young readers will find empowerment and encouragement to love and accept themselves, believe in their dreams, find answers to their questions and discover hope for a promising future.*

**Children Also Grieve – Goldman, Linda**

*"Children Also Grieve" is an imaginative resource, fully illustrated with color photographs, that offers support and reassurance to children coming to terms with the loss of a close friend or relative and to adults who are supporting them through their bereavement. The combination of narrative and interactive memory book in the first part of the book, is designed to be read and worked through by children. The story tells of the experiences of Henry, the dog of a family whose grandfather has died. During Henry's progress through the different stages of bereavement, he learns strategies for coping with his grief. At various stages of the story, Goldman provides readers with the opportunity to share their own reactions to loss through words and pictures, using specific prompt questions that encourage the exploration of different facets of grief. The second part includes a list of useful vocabulary, to help children express their feelings about bereavement, a bibliography of other useful resources for both children and adults, and a section that will help adults to understand and aid children throughout the grief process. This last section also explains the approach taken in the story, details typical responses to bereavement, and discusses*

*useful ways in which adults can discuss and share grief with children. This book is an invaluable tool for bereaved children and those who care for them.*

**Children and Grief (Helping your child understand death). O'Connor, Joey.**

*This is a book written for you and your children," explains Joey O'Connor. "It initiates a conversation on a difficult subject most people prefer to avoid. It is about people like you and me struggling to figure out what they really believe when the unbelievable has happened. And then wondering, 'What in the world am I going to say to my kids? How am I going to explain what just happened in our family and what I believe about the God who saw this whole thing happen?'"*

*Children and Grief offers parents a way to approach these tough questions with honesty, tenderness, and hope. O'Connor shows how to teach children to trust God, celebrate life, and have hope in the face of death.*

**Daddy's Chair—Lanton, Sandy.**

*Michael's dad has died, and the family is observing shiva, the Jewish week of mourning. As the days go by, and friends and family visit, Michael gradually comes to terms with his father's death. The sepia wash drawings of Daddy's empty chair serve as a poignant symbol of loss.*

**Dusty Was My Friend, Coming to Terms With Loss—Fleck-Clardy, Andrea**

*Eight-year-old Benjamin remembers his friend Dusty, who was killed in a car accident, and tries to understand his own feelings about losing a friend in this way*

**Everett Anderson's Goodbye – Clifton, Lucille**

*Everett Anderson's Goodbye is a touching portrait of a little boy who is trying to come to grips with his father's death. Lucille Clifton captures Everett's conflicting emotions as he confronts this painful reality. We see him struggle through many stages, from denial and anger to depression and, finally, acceptance. In this spare and moving poem, the last in this acclaimed series, Lucille Clifton brings Everett Anderson's life full circle.*

*Everett Anderson's Goodbye is the winner of the 1984 Coretta Scott King Author Award*

**Gentle Willow, A Story for Children About Dying—Mill, Joyce C.**

*Written for children who may not survive their illness or for the children who know them, this tender and touching tale helps address feelings of disbelief, anger, and sadness, along with love and compassion. Amanda and Little Tree discover that their friend Gentle Willow isn't feeling well. Amanda summons the Tree Wizards, who visit Gentle Willow and determine that they can't fix her. Amanda is angry at first, but eventually she listens to the Tree Wizards as they explain that death is a transformation and journey into the unknown. They also counsel Amanda that the medicine she can give Gentle Willow is love. In a final act of love, Amanda comforts Gentle Willow, who is afraid, with a story about the caterpillar who transforms into a butterfly. A new "Note to Parents" addresses how to cope with death and dying.*

**Geranium Morning—Graef, Renee**

*Two friends who lose parents, one suddenly in an accident and one by illness, learn to deal with their grief.*

**Good Words Memorializing Through a Eulogy: Eulogies for Children—Hewett, Beth L. PHD.**

*Beth Hewett explains the process of writing a eulogy for a child in this booklet/workbook excerpted from Good Words: Memorializing Through a Eulogy.*

*The eulogy. It's not about the bowling scores. It's about who our loved ones were - the human qualities, virtues, and noble deeds that made them people of value in the world. Good Words: Memorializing Through a Eulogy teaches how a eulogy can help us in difficult times of grief. This book walks readers through the writing process to help them develop powerful and personal eulogies. It also helps readers learn how to deliver the eulogy effectively. Good Words is full of useful information about eulogies like how and when to include children in the ceremony, how to revise and polish a eulogy after the funeral or memorial ceremony, and how various religious perspectives from a wide variety of spiritual traditions might influence the eulogy*

**Grandad Bill's Song—Yolen, Jane**

*After Grandad Bill dies, everyone in the family remembers him differently. But reminiscences do nothing to help a young boy cope with his loss, until he recalls his own feelings on the day his grandfather died--and his memories of a best friend who was much beloved indeed. Full color Ages 4-8. Pub: 1/98. .*

**Grandma's Scrapbook—Nobisso, Josephine.**

*A scrapbook of memorabilia chronicles the tender and sometimes zany moments shared between Grandma and her granddaughter during their seaside summers. Pages of the lively scrapbook are interspersed with watercolor-rendered photographs of the girl, now a teenager, as she reminisces about their relationship. The last summer in the scrapbook reveals how their roles have changed. Now the girl guides Grandma's wheelchair to places Grandma once brought her on the back of her bike or in a stroller. This poignant story uplifts and dignifies the experience of aging and loss, tingeing it not with sadness, but with hope and wonder.*

**Helping Children Cope – Kroen, William C.**

*Dr. William Kroen offers sound advice, comfort and compassion to any adult helping a child cope with death. Weaving in anecdotes about real children and their families, he explains how children from infancy through age 18 perceive and react to death and offers suggestions for how to respond to children at different ages and stages. Specific strategies are offered to guide and support them through the grieving process.*

**Helping the Grieving Student, A guide for Teachers—The Dougy Center**

*At some point, every teacher will encounter a student who has been affected by a death. This guidebook is an essential resource for elementary, middle- and high-school teachers, offering practical tips and information to respond to a death.*

**Helping Yourself Heal When Someone Dies (small booklet) – Wolfelt, Alan**

**How It Feels When A Parent Dies—Krementz, Jill**

*18 children from age 7 - 17, speak openly of their experiences and feelings. As they speak we see them in photos with their surviving parent and with other family members, in the midst of their everyday lives.*

**I Had a Friend Named Peter, Talking to Children About the Death of a Friend—Cohn, Janice**

*When Betsy learns about the death of a friend, her parents and kindergarten teacher answer questions about dying, funerals, and the burial process.*

**I Have An Olive Tree—Bunting, Eve**

*The day I was seven, my grandfather gave me an olive tree...At first, Sophia thinks the tree is an odd gift, but when Grandfather dies and her mother travels to Greece to see the tree, she discovers that what he discovers that what he has given her is far greater than she'd ever imagined.*

*A testimony to the wondrous ties of family and heritage, this glorious picture book brings together the beautiful writing of acclaimed author Eve Bunting and the exuberant paintings of artist Karen Barbour.*

**I Heard Your Daddy Died—Scrivani, Mark**

*This book is for children ages 2-6. It is a simple and helpful tool for family members and caregivers to read to the child who has lost a parent. This book lets the child know it is okay for them to cry and be sad as well as be happy and play. The book includes many ideas to help the child to remember their parent.*

**I Know I Made It Happen—Bennet-Blackburn, Lynn**

*A Gentle Book About Feelings by Lynn Bennett Blackburn. We look at feelings when there's a family fight, a divorce, illness, injury and death. Gives kids support and understanding during crises. It's nice to know, though, that my wishes, and my thoughts, and my words, don't make bad things happen.*

**I Miss My Brother. Taylor, Lauren and Randy**

*Three year old Drew Michael Taylor died on June 13, 2006. In the weeks and months following Drew's tragic death, author Randy Taylor and co-author, his daughter, Lauren, had many conversations about Drew. Fond memories of Drew, the tragic accident leading to Drew's death and Lauren's thoughts about Drew's new life in heaven were the inspiration for this book. The authors hope that I miss my brother may help other children who are grieving the loss of a sibling.*

**I See the Moon – Carpenter, Regi. (Music CD)**

**I Was So Mad—Mayer, Mercer**

*Mercer Mayer's very popular Little Critter stars in a picture book about feeling angry. With minimal text and funny illustrations to spell out every new situation, the book shows the Critter family saying no to everything Little Critter wants to do. He can't keep frogs in the tub. He can't help paint the house. Finally, mad at the world, Little Critter announces he will run away. When pals come by and ask him to come and play baseball, our young hero's mood quickly changes. He grabs his bat and heads off for the game, telling himself he can run away another day if he is still so mad.*

**It's Not Your Fault—Flynn, Jessie**

**Jasper's Day—Blain-Parker, Marjorie.**

*Today Riley's family is celebrating Jasper's Day. Everything they do will be in honor of Jasper -- sort of like a birthday. But it isn't Jasper's birthday. The old dog's cancer has gotten really bad. Riley knows they can't let him suffer any longer, but letting go will be the hardest thing he's ever had to do. Marjorie Blain Parker's tender story is filled with smiles, tears and the joy of special memories, and Janet Wilson's gentle pastels capture the depth of love shared by a boy and his dog. Together, they speak of acceptance, remembrance and the importance of cherishing life's every moment.*

**Lifetimes-The Beautiful Way to Explain Death to Children—Mellonie, Bryan**

*When the death of a relative, a friend, or a pet happens or is about to happen . . . how can we help a child to understand?*

*Lifetimes is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. Lifetimes tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells about plants. About animals. About people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.*

*Lifetimes . . . a very special, very important book for you and your child. The book that explains — beautifully—that all living things have their own special Lifetimes.*

**Liplap's Wish—London, Jonathan & Long, Sylvia**

**Loss – How Children and Teenagers Can Cope with Death and Other Kinds of Loss.  
Papenbrock, Patricia & Voss, Robert.**

**Lost and Found – Remembering A Sister. Yeomans, Ellen.**

*"We lost Paige. That's what my Grandma said "lost". My Parents said she died. I wondered if I could find her again." So begins the story of one child's search for understanding after the death of her sister. If someone could be "lost" could they also be "found"? Dealing with her own grief and accepting the emotions of those around her this child finds her way toward healing.*

**Max the Happy Caterpillar—Archibald-Anderson, Kathy.**

*How do you explain death to a young child? This simple metaphor engages the reader with little Max who despite special challenges is a very happy caterpillar. One day when little Max doesn't feel well his Mom wraps him in a blanket she calls his cocoon. When it is discovered that Max is gone everyone becomes sad. But Max is not really gone because Max the happy caterpillar has become Max the happy butterfly.*

**Mick Harte Was Here – Park, Barbara.**

*How could someone like Phoebe's brother die? Mick Harte was one of the coolest kids you'd ever want to meet. Mick was also the kid who would still be alive now—if he'd only worn his bicycle helmet. . . .*



**Molly's Mom Died—Holmes, Margaret.**

*A Child's Book of Hope Through Grief. Ages 5-9. After Molly's Mom dies she misses her a lot. It was hard to go back to school and talk to her friends. Molly finds that it's ok to have all these feelings after a parent dies. Includes a page of suggestions for caregivers*

**My Always Sister – Coloring Book**

**Not Just a Fish—Maresh, Hemery, Kathleen**

**Remembering Mrs. Rossi. Hest, Amy.**

*Eight-year-old Annie lives in a sunny apartment in Manhattan with her father, Professor Rossi. Life would be pretty good if only Annie didn't so achingly miss her mother. When Mrs. Rossi died suddenly, she left not only Annie but also a classfull of students — who pour out their hearts in a scrapbook Annie will treasure forever. With tenderness and humor, Amy Hest reveals the struggles of a father and daughter as they forge a new life together.*

**Remembering Rafferty – Johnson, Joy**

*A book about the death of a pet for children of all ages. This book is unique because of the scrapbook in the back for children to write down memories of their beloved pet. Rafferty is a family dog that gets very sick. The family makes the difficult decision to end his life. Talks about remembering your pet and grieving the loss.*

**Sad Isn't Bad (A good-grief guidebook for kids dealing with loss). Mundy, Michaelene.**

*Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss--that the world is still safe; life is good; and hurting hearts do mend. Written by a school counselor, this book helps comfort children facing of the worst and hardest kind of reality. Full color.*

**Saying Good-bye to Grandma—Thomas, Jane**

*Susie is curious about what will happen when she travels with her parents to attend her grandmother's funeral in the small town where her mother grew up.*

**Sibling Grief – How parents can help the child whose brother or sister has died. Scherago, Marcia.**

**Since My Brother Died—Munoz-Hiehne, Marisol**

*Desde Que Murio Mi Hermano by Marisol Muñoz-Kiehne. Ages 5-12. Includes both English and Spanish translations of a caregivers section, teachers section, and a story for children. In this book, the child talks about how things are different since his brother died. In the end, the child realizes his brother is still alive in his heart*

**Solomon & Lily. Schield, Allie.**

*Solomon & Lily is a unique story about friendship, loss, transformation, healing, reaching full potential and coming full circle. Solomon and Lily clearly illustrates that our physical bodies have so very little to do with who we are and what we are meant to be. The story uses the life cycle of a monarch butterfly to illustrate these themes.*

*Lily is a 9-year-old girl who loves to dance. She befriends a very wise caterpillar named Solomon. Solomon is destined to become a monarch and cannot stay as he is forever. However, as long as they are together, he teaches and amuses her!*

*Each illustration has been drawn using color pencils rather than computer generated. Can you find the face of God in one of the illustrations?*

### **Talking with Children About Loss—Trozzi, Maria**

*Through captivating stories and thoughtful analysis, Maria Trozzi explains how to handle the difficult job of talking with children and adolescents about loss, with discussions about: \* How children perceive and interpret events such as death, disability, and divorce \* Guiding children through the four tasks of mourning \* Helping children face funerals, wakes, and memorial services \* Children's fears and fantasies: how they express them, and how to address them \* Age-appropriate responses to children's questions and concerns \* Talking to children about long-term illness, suicide, family or community tragedy, and other special situations \* What to do when children won't talk about loss, and when to seek professional help "The wisdom, authenticity, and sheer presence of the author are evident from page one until the end of the beautifully written book. Terms like 'ground-breaking' and 'innovative' have been trivialized by overuse. In this case they are deserved." --Stan Turecki, M.D., author of *The Difficult Child**

### **Tell Me Papa, Answers to Question Children Ask About Death & Dying—Blake, Anna Catharine.**

*Answers to questions children ask about death and dying. A gentle explanation for children about death and the funeral. Tells children about what happens when you die, explains the funeral, cremation and answers questions honestly. Useful tool for parents and caregivers searching for the right words to say.*

### **The Fall of Freddie the Leaf, A Story of Life for All Ages—Buscaglia, Leo**

*This story by Leo Buscaglia is a warm, wonderfully wise and strikingly simple story about a leaf named Freddie. How Freddie and his companion leaves change with the passing seasons, finally falling to the ground with winter's snow, is an inspiring allegory illustrating the delicate balance between life and death.*

### **The Saddest Time—Simon, Norma.**

*Explains death as the inevitable end of life and provides three situations in which children experience powerful emotions when someone close has died.*

### **The Tenth Good Thing About Barney—Virost, Judith.**

*My cat Barney died this Friday. I was very sad. My mother said we could have a funeral for him, and I should think of ten good things about Barney so I could tell them...*

*But the small boy who loved Barney can only think of nine. Later, while talking with his father, he discovers the tenth -- and begins to understand.*

**Thumpy's Story (A Story of Love and Grief Shared – A story to color by Thumpy, the Bunny) – as told to Nancy C. Dodge. Copyright 1985. Published by SHARE Pregnancy & Infant Loss Support Inc. ([www.nationalshareoffice.com](http://www.nationalshareoffice.com)).**

### **Tough Boris—Fox, Mem**

*Boris von der Borch is a mean, greedy old pirate--tough as nails, through and through, like all pirates. Or is he? When a young boy sneaks onto Boris's ship, he discovers that even pirates cry. And so does he.*

### **Waterbugs and Dragonflies—Stickney, Doris**

*How can we answer the many questions young children have about death? Looking for a meaningful way to explain the death of a five-year-old friend to neighborhood children, Stickney adapted a graceful fable about a water bug that changed into a dragonfly. First published as a book in 1982, it has become The Pilgrim Press's bestselling book, *Water Bugs and Dragonflies*. This full-color edition features delightful illustrations by artist Robyn Henderson Nordstrom of Cleveland, Ohio.*

### **We were gonna have a baby, but we had an angel instead. Schwiebert, Pat**

### **What Children Need When They Grieve—Wilcox-Rathkey, Julia.**

*When Julia Wilcox Rathkey lost her husband, her three children lost their father. Within hours, it became sharply clear that each child--a twelve-year-old daughter and twin ten-year-old sons--would grieve the loss in a radically different way. While one harbored anger, another experienced denial, and the third was gripped with fear. Rathkey quickly determined that each youngster would require a different response from the adults in their lives, particularly from her. But despite the array of emotions and reactions, Rathkey arrived at four essentials that each child would need: routine, love, honesty, and security. These four concepts, however simple, are crucial for those who want to successfully guide their children through one of the most difficult passages they may face in life: the loss of a loved one.*

### **What's Heaven? Shriver, Maria.**

*This treasure of a book, for people of all faiths, is a starting point for parents who must talk about the difficult topic of death with their children.*

*What should parents say when a loved one dies? Heaven is a difficult subject that always comes up at tough times, and Maria Shriver has written a very special book precisely for these stressful moments. *What's Heaven?* is the story of Kate, a little girl whose great-grandma has just died. She seeks answers, and her mother helps her learn about Heaven. The many questions in this book are real, coming from Shriver's own children, nieces, and nephews when her grandmother Rose Fitzgerald Kennedy passed away. With 900,000 copies of the book now in print, the loving, confident, and ultimately uplifting answers Shriver provides are helping readers' families come together, feel closer to one another, and experience peace during the times when they need it most.*

**What On Earth Do You Do When Someone Dies?—Romain, Trevor (DVD)**

*Through Trevor and his sketchbook, Skye has a dream-like visit with her grandmother in which they explore questions about death together. As Skye finally begins to accept her loss, she learns fond memories last forever.*

**When Dinosaurs Die—Brown Marc, Laurie**

*The authors explain in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.*

**When Something Terrible Happens, Children Can Learn to Cope With Grief—Heegaard, Marge.**

*Creates ways for children to explore the fright, confusion and insecurity caused by traumatic events in their lives.*

**When Someone Very Special Dies, Children Can Learn to Cope With Grief—Heegaard, Marge.**

*A practical format for allowing children to understand the concept of death and develop coping skills for life.*

**Where Do People Go When They Die? Portnoy, Mindy Avra.**

*Children ask different adults and themselves about death and receive a wide variety of answers. Includes an afterword and suggestions for parents.*

**Where Does God Live? – Bea, Holly.**

*A lively and inquisitive young girl named Hope has a favorite pastime: asking questions. She asks everyone she knows just about anything. One day her musings lead her to a really big question: Where does God live? She talks to her mom. She questions her animal friends. Finally, it is her wise and gentle grandmother whose lifetime of faith offers Hope, the answer that she and all of us can take into our hearts. It is an answer whose simplicity does honor to the Creator.*

**Where's Jess? Johnson, Marvin**

*Illustrated by Paris Sieff, age 8. Simple and easy for children to understand. For siblings who had baby at home. Ages 3-6.*

**Why Do People Die?—MacGregor, Cynthia**

*Poignant, moving and straightforward book that answers questions children ask themselves when their loved ones die. A full-colour picture book that explains death, its effect on the living and some of the beliefs, customs and rituals associated with it.*

**Books Related to the Loss of an Infant, Miscarriage or Stillborn Loss**

### **A Guide for Fathers—Nelson, Tim**

*This pocket sized book is for men who experience the death of their infant child -- whether it be miscarriage, stillbirth or early infant death. Meant to be a guide during the early hours and days after finding out the news of their baby's death, the book offers suggestions for communicating with medical caregivers, offering support to their partner, telling the news to other children, making funeral arrangements and taking care of themselves in a time of crisis. It goes on to talk about effective communications during the weeks and months following the loss, going to a support group, returning to the workplace, and the issues surrounding a subsequent pregnancy.*

### **About What Was Lost – Berger-Gross, Jessica**

*In this intimate anthology, twenty writers explore the grief and sadness—and hope—that living through a miscarriage can bring.*

*Featuring such notable writers as Pam Houston, Joyce Maynard, Caroline Leavitt, Susanna Sonnenberg, and Julianna Baggott, among many others, About What Was Lost is the only book that uses honest, eloquent, and deeply moving narrative to provide much-needed solace and support on the subject of pregnancy loss.*

*Today, as many as one in four pregnancies ends in miscarriage. And yet, many women are surprised to find that instead of simply grieving the end of a pregnancy, they feel as if they are mourning the loss of a child. Taken aback by their sorrow, they seek solace in similar perspectives—only to find that a silence and lingering stigma surrounds the topic. Revealing a wide spectrum of experiences and perspectives, this powerful collection offers comfort and community for the millions of women (and their loved ones) who experience this all-too-common kind of loss every year.*

### **An Exact Replica of a Figment of my Imagination—McCracken, Elizabeth**

*"This is the happiest story in the world with the saddest ending," writes Elizabeth McCracken in her powerful, inspiring memoir. A prize-winning, successful novelist in her 30s, McCracken was happy to be an itinerant writer and self-proclaimed spinster. But suddenly she fell in love, got married, and two years ago was living in a remote part of France, working on her novel, and waiting for the birth of her first child.*

*This book is about what happened next. In her ninth month of pregnancy, she learned that her baby boy had died. How do you deal with and recover from this kind of loss? Of course you don't--but you go on. And if you have ever experienced loss or love someone who has, the company of this remarkable book will help you go on.*

*With humor and warmth and unfailing generosity, McCracken considers the nature of love and grief. She opens her heart and leaves all of ours the richer for it.*

### **Born to Fly – Claussen, Cindy.**

*Twenty-three years after her son Nathan's stillbirth, Cindy Claussen was filled with a need to write this story of hope and healing. Designed with soft colors and simple illustrations, the pages of Born to Fly – An Infant's Journey God, contain Nathan's conversation with God as he hears his father's strong voice*

*and experiences the sensation of his Mother's warm touch for the first time. "I will kick her so she knows I love her too," Nathan tells God. When Nathan shares with God that he is not feeling well and is growing weary, God wipes His eyes and tells the child that soon he will fly. "I will fly? Will my mother fly with me?" Nathan asks. "Someday," God assures him. The simplicity of the story is what makes it so powerful. Born to Fly is indeed a little treasure that is sure to leave its delicate imprint on your heart.*

### **Grieving the Child I Never Knew. Wunnenberg, Kathe.**

*When the anticipation of your child's birth turns into the grief of miscarriage, tubal pregnancy, stillbirth, or early infant death, no words on earth can ease your loss. But there is strength and encouragement in the wisdom of others who have been there and found that God's comfort is real. Having experienced three miscarriages and the death of an infant son, Kathe Wunnenberg knows the deep anguish of losing a child. Grieving the Child I Never Knew was born from her personal journey through sorrow. It is a wise and tender companion for mothers whose hearts have been broken--mothers like you whose dreams have been shattered and who wonder how to go on. This devotional collection will help you grieve honestly and well. With seasoned insights and gentle questions, it invites you to present your hurts before God, and to receive over time the healing that He alone can--and will--provide. Each devotion includes: \* Scripture passage and prayer \* 'Steps Toward Healing' questions \* Space for journaling Readings for holidays and special occasions also included*

### **I Will Carry You – Smith, Angie**

*In 2008, Angie Smith and her husband Todd (lead singer of the group Selah) learned through ultrasound that their fourth daughter had conditions making her "incompatible with life." Advised to terminate the pregnancy, the Smiths chose instead to carry this child and allow room for a miracle. That miracle came the day they met Audrey Caroline and got the chance to love her for the precious two-and-a-half hours she lived on earth.*

*Upon receiving the original diagnosis, Angie started a blog (Bring the Rain) to keep family and friends informed of their journey. Soon, the site exploded in popularity, connecting with thousands who were either experiencing their own heartbreaking situations or simply curious about how God could carry someone through something so tragic. I Will Carry You tells the powerful story of a parent losing her child, interwoven with the biblical story of Lazarus to help those who mourn to still have hope—to find grace and peace in the sacred dance of grief and joy.*

### **Safe in the Arms of God (Truth from Heaven about the death of a child). MacArthur, John.**

*"Is my baby in heaven?"*

*This is the most important question a grieving parent can ask. And even if the little one is someone else's child, the issue remains: What happens to children—those unborn, stillborn, or youngsters—when they die? Can you hope to see them again? Can you let go of your fear and guilt? Can God's love soothe a wound so jagged?*

*With scriptural authority and the warmth of a pastor's heart, bestselling author John MacArthur examines the breadth of the entire Bible and reveals in this compelling book the Heavenly Father's care for every life.*

*"I have sat by the grave of our daughter and son and wondered out loud if my belief that Hope and Gabriel are in heaven has any solid scriptural support. John MacArthur offers truth from God's Word that puts the doubts of any grieving parent to rest. Safe in the Arms of God reveals that confidence of heaven for the child you love is based on much more than mere sentimentality; it is revealed in the Word of God and reflective of the very heart of God." —Nancy Guthrie, author of Holding On to Hope*

**Someone Came Before You. Schwiebert, Pat**

*There are books for children to help them when the baby they are waiting for dies. And now there is a book for the child who comes after the one who died. It is a perfect gift just for them. It explains in a gentle way the parents' desire for a child and the sadness that comes over them when that baby dies. It then shares how the parents, with the help of the baby, get to the point of wanting another child to come into their lives. The illustrator, Taylor Bills, who has an extraordinary gift of capturing feelings in his drawings that tell the story beyond words. Includes suggestions about keeping your baby's memory alive.*

**Still to be Born – A Guide for Bereaved Parents Who Are Making Decisions About Their Future.**

**Strong and Tender – A Guide for a Father whose baby has died. Schwiebert, Pat.**

*A book especially for fathers, this is a collection of insights, helpful hints and tender thoughts to give a father strength during the dark times of grief following his baby's death. For too long fathers have been the forgotten grievers. By giving him this special book you tell him you also recognize his loss.*

**The Good Grief Club—Novak, Monica.**

*Written by a bereaved mother, The Good Grief Club is the true story of seven women who discover that their new friendships have the power to heal the pain of losing their babies in miscarriage, stillbirth, and infant death. One by one, fate weaves their lives together in the wake of tragedy misunderstood by those around them. Set around support group meetings and restaurant rendezvous, these seven soul sisters find a new normal. Through tears and anger, compassion and laughter, late nights and French toast, the sun slowly emerges from the darkness bringing with it love, hope, and healing as, together, they rebuild their lives.*

**The Still Point of the Turning World—Rapp, Emily**

*Like all mothers, Emily Rapp had ambitious plans for her first and only child, Ronan. He would be smart, loyal, physically fearless, and level-headed, but fun. He would be good at crossword puzzles like his father. He would be an avid skier like his mother. Rapp would speak to him in foreign languages and give him the best education.*

*But all of these plans changed when Ronan was diagnosed at nine months old with Tay-Sachs disease, a rare and always-fatal degenerative disorder. Ronan was not expected to live beyond the age of three; he would be permanently stalled at a developmental level of six months. Rapp and her husband were forced to re-evaluate everything they thought they knew about parenting. They would have to learn to live with their child in the moment; to find happiness in the midst of sorrow; to parent without a future.*

*The Still Point of the Turning World is the story of a mother's journey through grief and beyond it. Rapp's response to her son's diagnosis was a belief that she needed to "make my world big"—to make*

*sense of her family's situation through art, literature, philosophy, theology and myth. Drawing on a broad range of thinkers and writers, from C.S. Lewis to Sylvia Plath, Hegel to Mary Shelley's Frankenstein, Rapp learns what wisdom there is to be gained from parenting a terminally ill child. In luminous, exquisitely moving prose she re-examines our most fundamental assumptions about what it means to be a good parent, to be a success, and to live a meaningful life.*

**We were gonna have a baby, but we had an angel instead. Schwiebert, Pat**

## **Books Related to the Loss of a Child**

**A Grief Unveiled—Floyd, Gregory**

*A candid account of sudden grief and faith that has inspired thousands*

*Gregory Floyd's journey through grief after the tragic death of his youngest son recounts the full impact of such a loss on a typical Catholic family. In this expanded edition, he more than ever before allows the reader into his heart as he grapples with emotions that question the goodness of God in the midst of unbearable grief. He also answers the question: What is it like to live with such grief ten, fifteen, twenty years later.*

*With brutal honesty, this loving father openly reveals the depths of his pain as he struggles to maintain faith and provide leadership for his family. He also reflects as he watches his other children mature, get married, and begin their own independent lives in the time since his son's death. Each of the children adds his and her own brief reflections in a special appendix to this important volume.*

**After the Murder of My Son, A Memoir—Rondeau-Westra, Mary.**

*In the summer of 2001, Peter Westra was 24 years old, gregarious, hard some, active, a successful young investment banker working in New York City and London. Dedicated to his family and friends, he had flown home to Minnesota for his grandmother's 90th birthday party, then hopped on a plane to Atlantic City to meet up with his Middlebury College buddies for a friend's bachelor party. Just 15 hours later, he was dead. Kicked to death on a sidewalk by bouncers outside a nightclub. After the Murder of My Son is his mother's story of the day her life was shattered and the intimate retelling of how she put the shards back together again, to save herself and her family.*

**Comfort, A Journey Through Grief—Hood, Ann**

*A moving and remarkable memoir about the sudden death of a daughter, surviving grief, and learning to love again.*

**Happy Again, Your New and Meaningful Life After Loss—Hodgson, Harriet**

*"Will I survive? Will I ever be happy again? Questions that Harriet Hodgson asked herself after she was left to raise her twin grandchildren, while grieving for four family members, including her daughter. Harriet reminds us that we are not alone in our grief and, though losses may define our lives, they will not destroy them. This book tugged at my heartstrings. Harriet's account of a journey from despair to hope is filled with practical suggestions on how to once again have a meaningful life. Happy Again!*



*inspired me and I think it will inspire you." ~ Heidi Horsley, PsyD, LMSW, Executive Director, Open to Hope Foundation and Adjunct Professor, Columbia University "Harriet Hodgson speaks wisely and compassionately from the very depths of her soul. Engagingly written with personal experiences, psychological insights, and practical wisdom, she transforms crushing tragedy to growth and a positive affirmation of life." ~ Rabbi Earl Grollman, DHL, DD, author of Living When a Loved One has Died*

### **Love Never Dies – A Mother’s Journey from Loss to Love – Goodman, Sandy**

*Although this is the story of a mother dealing with the tragic death of her son, it is for anyone struggling to make their way through the nightmare of losing someone they love. It provides an understanding hand to hold as you look for answers to questions you never expected to ask: What happened to the person I lost? What happens to that love? Is there any way to connect to the joy of that relationship again? With complete honesty, warmth, and humor, Goodman describes how her seemingly irrational yet relentless desire to maintain communication with her dead son enriched her life and led to one unwavering conclusion: Death is not an ending. It is another stage of life and love that is available to anyone willing to experience it. Goodman addresses the sometimes controversial subject of after death communication with candor and an open heart and mind.*

### **Roses in December (Comfort for the grieving heart). Heavilin, Marilyn Willett**

*Used for years by individuals, grief counselors, and support groups, Roses in December has helped readers understand the grieving process, support family members, give insight into sibling grief, and maintain their marriages during difficult times. This newly revised edition offers the same compassion and encouragement plus chapters on losing loved ones under special circumstances, such as suicide and AIDS.*

*With deep empathy, Marilyn helps those who are grieving find God's comfort. Having lost three sons, she knows the tremendous sorrows and struggles that come with the death of loved ones. Yet she shares how even in the winters of our lives God provides roses--special occasions, special people, and special memories--to give us strength and draw close to Him.*

### **The Knitting Circle—Hood, Ann.**

*After the sudden loss of her only child, Mary Baxter joins a knitting circle in Providence, Rhode Island, as a way to fill the empty hours and lonely days. The women welcome her, each teaching Mary a new knitting technique and, as they do, revealing their own personal stories of loss, love, and hope. Eventually Mary is able to tell her own story of grief and in so doing reclaims her love for her husband, faces the hard truths about her relationship with her mother, and finds the spark of life again.*

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## **Books Related to the Loss of a Spouse**

### **A Widow's Pilgrimage – Hershey, Jean.**

*This narrative of how one person responded to a challenge - the loss of a spouse of fifty years - affirms the importance of work, friends, creativity and quietness in daily living. The author records her life and development as she struggles to accept the finality of death, attempts to grow in independence, and makes new and bold decisions affecting a change of life style for herself. Starting down a new path at this time in her life was not easy - often she seemed to be walking alone. We see the author grow from a state of loneliness to one of feeling related and connected with all that lives.*

### **Finding Your Way After the Death of a Spouse—Diehl, Erin**

#### **For Widows Only!—Estlund, Annie**

*For Widows Only! is an extraordinary book for widows. Personal, intimate, and honest, it contains straight from the hip girl talk, strictly for widows only! In addition to nuts and bolts advice, author Annie Estlund includes her most intimate feelings and those of many other widows, making this book relevant to widows of all ages at all stages. Organized into three sections, "What Happened?" "What Now?" and "What Next?" For Widows Only! guides the grieving widow through her most anxious moments and helps her find answers to her most pressing questions. Ms. Estlund particularly empathizes with widows who think they will never survive their trauma or that life will never again be worthwhile. For Widows Only! offers guidelines to deal with the fears and aches of widowhood while maintaining an upbeat tone and hope for the future. Although life will never be the same, Ms. Estlund illustrates that it can be good again. Wives and others who grieve will take solace in this candid view of widowhood, and widows will especially appreciate its honesty. For Widows Only! is destined to be every widow's best friend, always there when she needs it.*

### **Planet Widow: A Mother's Story of Navigating a Suddenly Unrecognizable World. Lenhart, Gloria.**

*One of the most stressful and traumatic events a person can face is the death of a spouse. It happened to Gloria Lenhart suddenly when her husband Nick, only forty-four years old, dropped dead while jogging. Planet Widow is the story of her struggle to negotiate motherhood, family, and career in a world that is suddenly unrecognizable. Serving as both a comfort and a cautionary tale, this powerful story helps answer real-life questions about coping with loss, as well as how to prepare for the unthinkable.*

*Perhaps Lenhart's biggest challenge is finding ways to help her sons cope with the loss of their father. Even before the funeral is over, Lenhart must fight for custody of her husband's son, sixteen-year-old Nikolaus, whom she's been a mother to for more than ten years. And like many widows, Lenhart finds herself faced with difficult financial realities as she is drawn into the realm of estate lawyers, probate courts, and unscrupulous stockbrokers.*

*Planet Widow is a personal story of spunk and determination, told with a touch of humor. The book ends on a note of hope—that a loss experienced and survived can lead to a fuller understanding of what it means to live.*

### **Reflections of a Grieving Spouse, The Unexpected Journey from loss to Renewed Hope—Wright, H. Norman**

*When author and counselor H. Norman Wright's beloved wife, Joyce, passed away, he grieved the loss of his partner and the life they shared. Even in his state of sorrow, he knew he had to find a way to live without Joyce, to forge a hopeful path, and to move forward in God's grace and strength.*

*With vulnerability and emotional insight, Norm shares from his deeply personal journey and illuminates the way back to living when someone you love is gone. Readers who have lost their spouse will discover support and guidance as they*

- *work through anger, including anger at God, to ease toward God's peace*
- *move away from denial and "what ifs" to move forward*
- *allow memories to provide comfort without getting stuck in the past*
- *create a healthy new, daily routine to care for themselves*
- *turn their new identity and life over to God's leading and mercy*

*This tender and inspirational book will help any reader who is grieving or who is walking alongside a grieving friend.*

### **Searching for a Mustard Seed. Sagan, Miriam.**

*Poet Miriam Sagan's intimate, poignant, comical memoir begins with the death of her husband, a thirty-six-year-old Zen Priest. She approaches grief in typical baby boomer fashion: going to Korea, attending weightlifting classes, and searching for new lovers. She ultimately finds that she is not alone, and that she is surrounded with continuity, community, and all the beauty that is life.*

**The Death of A Husband – Reflections for a Grieving Wife. Lambin, Helen Reichert.**

*A collection of poignant reflections for a wife mourning the loss of her husband. Over forty reflections address different facets of the grieving process. Each offers insights that will touch a woman's heart, heal her soul, and point out new and hopeful directions.*

**The Death of A Wife – Reflections for a grieving husband. Vogt, Robert**

*Death creates a void, but no loss can compare with the death of a spouse. When his wife dies, a grieving husband faces the challenge of rebuilding his life-alone. Friends, neighbors, relatives-even his own children-can offer support and encouragement, but can never replace the bond that existed between husband and wife. A collection of reflections and meditations that will touch the heart and point out new and hopeful directions for a grieving husband.*

**The Tender Scar, Life After Death of a Spouse—Mabry, Richard L.**

*Written by a former physician and recent widower, this warmly practical book guides the bereaved through the grief process and explains how to live after the death of a spouse.*

**Widow to Widow—Ginsburg, Genevieve Davis**

*In this remarkably useful guide, widow, author, and therapist Genevieve Davis Ginsburg offers fellow widows-as well as their family and friends-sage advice for coping with the loss of a husband. From learning to travel and eat alone to creating new routines to surviving the holidays and anniversaries that reopen emotional wounds, Widow to Widow walks readers through the challenges of widowhood and encourages them on their path to building a new life.*

## **Books for Teens Related to Grief and Loss**

**After A Parents Suicide – Requarth, Margo.**

*After a Parent's Suicide: Helping Children Heal focuses on how to help children and teens in the aftermath of a parent's suicide. The book provides an overview of current thinking/research on suicide and explores the increased risk of mental health issues for child survivors. In addition to information about how children grieve at different developmental levels, it also offers comfort to the bereaved, specific coping strategies for families facing this trauma, and insight into what promotes resiliency.*

**The Healing Your Grieving Heart Journal for Teens—Wolfelt, Alan D.**

*In light of how difficult it is just to survive the teenage years, the grieving process can be especially difficult and overwhelming for teenagers. This diary affirms the grieving teen's journey and offers gentle, healing guidance. In order to sort through their confusing feelings and thoughts, teens are prompted to explore simple, open-ended questions. Teens are encouraged to write what they miss about the person who died, the specific feelings that have been most difficult since the death, or the things they wish they had said to the person before they died.*

### **Helping Teens Cope With Death –The Dougy Center**

*This practical guide covers the unique grief responses of teenagers and the specific challenges they face when grieving a death. You will learn how death impacts teenagers and ways that you can help them. The book also offers advice from parents and caregivers of bereaved teens on how to support adolescents and how to determine when professional help is needed.*

### **How It Feels When A Parent Dies—Krementz, Jill**

*18 children from age 7 - 17, speak openly of their experiences and feelings. As they speak we see them in photos with their surviving parent and with other family members, in the midst of their everyday lives.*

### **Loss – How Children and Teenagers Can Cope with Death and Other Kinds of Loss. Papenbrock, Patricia & Voss, Robert.**

### **Straight Talk About Death for Teenagers—Grollman, Earl A.**

*If you are a teenager whose friend or relative has died, this book was written for you. Earl A. Grollman, the award-winning author of *Living When a Loved One Has Died*, explains what to expect when you lose someone you love.*

### **Teens Together Grief Support Group Curriculum: Adolescence Edition—Lehman, Linda; Jimerson, Shane R.; Gaasch, Ann**

*The Grief Support Group Curriculum provides a basis for assisting children and teenagers as they learn about mourning through facing death of a close or special friend. The aim of this curriculum is to facilitate healthy variations of mourning and positive adaptations following the death of a friend or family member. The work illustrates mourning in four stages of development and is accordingly divided into four separate texts. The texts focus on preschool-aged children, children in kindergarten through grade two, children in grades three through six, and teenagers.*

*Each curriculum contains ten ninety-minute sessions that should be implemented over a period of ten weeks. By employing age-appropriate themes to engage the child and provide continuity throughout the sessions, the division of material within the curricula assures that the activities reflect the developmental level of the grieving child or adolescent. Each person grieves differently, and Grief Support Group Curriculum addresses the issues related to mourning while recognizing the importance of individuality in grieving.*

### **Weird Is Normal, When Teenagers Grieve—Wheeler, Jenny Lee**

*Teens grieve differently from adults and often get lost in the shuffle after the death of a loved one. *Weird Is Normal When Teenagers Grieve* is unique because it is a self-help book for grieving teens written by an actively grieving teen. Author Jenny Lee Wheeler lost her father to cancer when she was fourteen and validates for her peers that they have the right to grieve in their own way and according to their own timetable, that their grief attacks might be different from those of adults around them, and that they*

*aren't going crazy if they see signs from their loved one. Dr. Heidi Horsley writes in the Foreword, "Teen grief is often overlooked and unacknowledged. ... Jenny's journey will strike a note with teenagers everywhere who have experienced the loss of someone they love. She gives sound advice and lets them know they are not alone."*

## **Books Related to Suicide Loss**

### **After A Parents Suicide – Requarth, Margo.**

*After a Parent's Suicide: Helping Children Heal focuses on how to help children and teens in the aftermath of a parent's suicide. The book provides an overview of current thinking/research on suicide and explores the increased risk of mental health issues for child survivors. In addition to information about how children grieve at different developmental levels, it also offers comfort to the bereaved, specific coping strategies for families facing this trauma, and insight into what promotes resiliency.*

### **After A Suicide Death – The Dougy Center.**

*In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.*

### **Understanding Suicide, Supporting Children—DVD The Dougy Center**

*Each year, 30,000 Americans die of suicide, leaving behind families—and sometimes young children—left to cope. This video provides insight on the emotions and experiences that children, teens and families affected by a suicide death often go through, and offers ways to help.*

## **Books Related to Pet Loss**

### **For Every Dog An Angel – Christine Davis**

*Many people feel a magical connection with one special cat or dog in their life. These two heartwarming books celebrate the timeless love between people and their "forever cats" and "forever dogs". Filled with colorful illustrations of cats and dogs lovingly cared for by their guardian angels, these charming little books will delight animal lovers young and old and bring comfort to anyone who has had to say goodbye to their best four-legged friend. Perfect for any cat or dog lover.*

### **Not Just a Fish—Maresh, Hemery, Kathleen**

### **Remembering Rafferty – Johnson, Joy.**

*A book about the death of a pet for children of all ages. This book is unique because of the scrapbook in the back for children to write down memories of their beloved pet. Rafferty is a family dog that gets very sick. The family makes the difficult decision to end his life. Talks about remembering your pet and grieving the loss.*

### **Saying Good-bye to the Pet You Love—Greene, Lorri A.**

*From a psychologist with twenty years of experience as a pet bereavement specialist, comes the first title to offer cognitive tools and exercises for validating and supporting the particular grief that results from the loss of a pet.*

*When a pet dies, the vast majority of owners experience significant grief, which is often downplayed by friends, family, and even helping professionals. In this book readers will find validation for their grief, come to understand their human-animal bond, and master solid tools to help them through the grieving process.*

*Cofounder of San Diego County's Pet Bereavement Program, author Lorri Greene has been specializing in pet bereavement issues for over twenty years. In this sympathetic new book she teaches that pet bereavement is normal and similar in scope to the loss of an important person. Readers evaluate their level of pet attachment and the intensity of their grief experience using Greene's Pet Attachment Worksheet (PAW). They then work through their grief with specific bereavement techniques, including memorializing the pet, recognizing problematic thinking, and finding support. Coping skills are provided for any remaining guilt over medical measures taken or not, and euthanizing a pet. Readers who accidentally killed or witnessed the death of their pets learn about post-traumatic stress symptoms, and are offered self-help resources. Additional chapters include easing a child through pet grief, finding support, and pet loss for the elderly and the owners of working animals.*

### **Saying Goodbye to Your Angel Animals, Finding Comfort After Losing Your Pet—Anderson, Allen & Linda**

*In this thoughtful book, Allen and Linda Anderson walk you through the numbing pain and dreadful sense of loss that arise when a beloved animal dies. They offer solace to help you deal with grief, remember and honor key moments in the animal's life, find comfort through groups and with professionals, and get past the depression. They also include exercises, affirmations, and meditations to use through the various stages of grief. The Andersons' caring, practical advice covers all aspects of pet loss, offering guidance on:*

*helping children grieve :: honoring your religious beliefs :: grieving for runaway pets :: helping others know what to say or do to console you :: planning an appropriate memorial ceremony or tribute*

*The book also explores the concept of after-death experiences of departed companion animals and relates many beautiful stories, including the Rainbow Bridge story, that reinforce the love and sense of peace that come from honoring the place animals hold in our lives.*

### **Talking With Your Kids About the Death of a Pet.**

#### **The Rainbow Bridge, A Visit to Pet Paradise—Raeside, Adrian**

*Seven-year-old Rick and his dog Koko are inseparable. They swim together in the swimming hole, race through the fields, play fetch and wrestle. But Koko grows old<sup>98</sup> in dog years and his health slowly*

*declines. When Koko passes away, Rick is devastated. The house seems cold and empty. Then one night, Rick is woken by Buster, a flatulent but well-intentioned messenger dog, who suddenly appears at the boys bedside. Taking pity on Ricks grief, Buster flies him to the Rainbow Bridge. There, Rick is reunited with Koko, who shows him a paradise for pets. Cats burrow through fields of catnip, no couch is off-limits to dogs and frisbees are flung endlessly. Its where faithful pets of all kinds frolic happily while waiting to be eventually reunited with their human companions. Although Rick desperately wants to stay with Koko at the Rainbow Bridge, it is not his time and he reluctantly returns hometo a wonderful surprise. Adrian Raeside soothes the heartbreak of loss, capturing that special bond between humans and their pets. With marvellous illustrations, he brings a gentle humour to a story which will not only resonate with children, but with pet lovers of all ages.*

**The Tenth Good Thing About Barney—Virost, Judith.**

*My cat Barney died this Friday. I was very sad. My mother said we could have a funeral for him, and I should think of ten good things about Barney so I could tell them...*

*But the small boy who loved Barney can only think of nine. Later, while talking with his father, he discovers the tenth -- and begins to understand.*

**Will I See My Pet In Heaven?—Wintz, Friar Jack**

*Explains to readers that God loves and cares for all creatures, including those we are close to.*