RECOMMENDED BEREAVEMENT BOOK LIST

**ADULTS**

1. **A Compassionate Practical Guide to Being a Widow** - Lyy Caine. (Brief and to the point)
2. **After Suicide** - John Hewett. (Christian orientation, practical information)
3. **A Grief Observed** - C.S. Lewis (The author examines his experience after the death of his wife)
4. **A Little Book of Comfort** - Anthony Guest. (A collection of poems)
5. **The Bereaved Parent** - Harriet Schiff. (Personal account of this mother’s story when her own child died; good book, practical information and support)
7. **The Courage to Grieve** - Judy Tatlebaum. (Outstanding book with some good exercises, good ideas, human)
8. **Don’t Take My Grief Away From Me** - Doug Manning. (A minister’s honest look at grief, easy to read)
9. **Does Anybody Else Hurt This Bad and Live?** - Carlene Vester Eneroth, Otis Publications, Spokane, WA. (written from the perspective of someone who has been there, easy to read)
11. **Good Grief** - Granger Westberg. (ten “stages” of grief, Christian orientation)
13. Grieving: How to go on Living When Someone you loves Dies - Therese A. Rando. (excellent book, easy to follow, addresses different challenges faced depending on your relationship to person who died)

14. The Healing Power of Humor - Allen Klein, Jeremy P. Tharcher, Inc. (the author, a widower, helps us explore the many deterrents to laughter and gives techniques for getting through difficult times)

15. How to Survive the Loss of a Child - Catherine M. Sanders, PhD., Prima Publishing, 1992. (surviving the death of a child, stages, working through them, healing, from the perspective of a grieving parent)

16. How to Survive the Loss of a Love - Melba Colgrove, H. Bloomfield & P. McWilliams. (concrete activity suggestions, short easy to read poems, also has a workbook)


18. Journal For Joy - Joyce Chapman. (a guide for journaling, simple to read and understand)

19. Learning to say Goodbye: When a Parent Dies - Eda LeShann. (practical, good)

20. Living When a Loved One has Died - Earl Grollman. (excellent book, speaks from the heart, easy to read)

21. Living with Death and Dying - Elisabeth Kubler-Ross. (classic in field, stages of dying)

22. Losing a Parent: Passage to a New Way of Living - Alexandra Kennedy, Phd. (very helpful for adults who experience the death of a parent)


24. Meetings at the Edge - Stephen Levine. (conversations with people who are dying)


26. On Death and Dying - Elisabeth Kubler-Ross. (classic in the field of death and dying, stages of dying)

27. On Your Own: A Widow’s Passage to Emotional and Financial Well-being - Alexandra Armstrom & Mary Donahue. (very complete)

28. Parental Grief - Dennis Klass, PhD, the Springer Publishing Company, New York, 1988. (explores the unique nature of parental bereavement and the process through which in can finally be resolved)
34. **Parental Loss of a Child** - Therese Rando, PhD, Editor, Research Press, Illinois, 1986. (a compilation of articles written by professionals, on the death of a child)
37. **Safe Passage: Words to Help the Grieving Hold Fast and Let Go** - Molly Fumia. (a collection of 273 brief statements which could be used as daily readings)
38. **The Screaming Room** - Barbara Peabody. (a mother’s son dies from AIDS, written diary format; honest and much heralded book)
39. **Someone You Love is Dying** - Martin Shepard. (a guide for helping and coping)
40. **To Help You Through the Hurting** - Marjorie Holmes. (collection of brief, comforting writings)
41. **To Live Until We Say Goodbye** - Elisabeth Kubler-Ross. (pictures and stories about people who are dying)
42. **Understanding Grief; Helping Yourself Heal** - Alan D. Wolfelt. (a compassionate guide to coping with the death of someone loved)
43. **Up From Grief** - Bernadine Kries and Alice Pattie. (easy to read, practical)
44. **What Murder Leaves Behind** - Doug McGee. (excellent book for victims of homicide)
45. **When Bad Things Happen to Good People** - Rabbi Harold Kuschner. (a father’s attempt to make sense out of his son’s death, his own pain, and the pain of others enduring undeserved misfortunes)
46. **When Parents Die** - Edward Myers, Library call #155.937.
47. **Who Dies?** - Stephen Levine. (philosophical viewpoint of grief, death)
48. **Why Her Why Now** - Lon Elmer, Bantam Books, 1990. (a man’s journey through love and death and grief, from the perspective of someone who’s been there)
49. **Widow** - Lynn Caine. (useful, especially for younger widows)
CHILDREN

2. Charlotte’s Web - E.B. White. (life and death of Charlotte, the spider)
3. Everett Anderson’s Goodbye - Lucille Clifton. (a little boy trying to come to grips with his father’s death)
5. The Fall of Freddie the Leaf - Leo Buscaglia. (a story for all ages)
6. Geranium Mourning - E. Sandy Powell, Carol Rhoda Publisher. (a boy deals with his father’s death)
9. Helping Children Grieve When Someone They Love Dies - Theresa Huntley, Augsburg Fortress, 1991. (this book will help parents listen to children, answer their questions, and guide them in coping with their feelings)
10. How It Feels When a Parent Dies - Jill Krementz. (excellent, from point of view of children)
11. If I Die And When I Do - Franki and Barbara Sternberg. (exploring death with young people from teacher’s point of view)
15. Oh, the Places You’ll Go - Dr. Seuss, Random House, New York, 1990
16. **On Children and Death** - Elisabeth Kubler-Ross. (a touching and inspired work about how children and their parents can and do cope with death)


18. **The Tenth Good Thing About Barney** - Judith Viorst. (when Barney the cat dies, his owner discovers something positive comes from his death)

19. **When Grandpa Died** - Margaret Stevens. (good handling of death in the family)

20. **Why Did Grandpa Die?** - Barbara Shook Hazen, a Golden Book, Western Publishing Co., Inc. (a girl experiences grandpa’s illness, death, and her grief in the year to come)