

Adult Reading List

This list is only a small selection of books on the subject. Please check with your local library or bookstore for additional readings. Most of the books on this list can be borrowed from your local library or through the South Jersey Regional Library inter-library loan system.

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

by Sheryl Sandberg and Adam Grant

**When Breath Becomes Air** by Paul Kalanithi

**It’s OK That You’re Not OK Meeting Grief and Loss in a Culture that Doesn’t** **Understand**

by Megan Devine (2017)

**When Your Soulmate Dies A guide to healing through heroic mourning** by Alan Wolfelt (2016)

**When Bad Things Happen to Good People** by Harold Kushner

**Finding Inner Courage** by Mark Nepo

**Healing After Loss** by Martha Hickman

**The Other Side of Sadness** by George Bonanno

**Grief: Contemporary Theory and the Practice of Ministry** by Melissa Kelley

**Mourning & Mitzvah: A Guided Journal for Walking the Mourner's Path Through Grief to Healing** by Anne Brener (2001)

**Chicken Soup for the Grieving Soul** by Jack Canfield

#### Sacred Ceremony: How to Create Ceremonies for Healing, Transitions and Celebrations

#### by Steven Farmer (2002)

**The Mourning Handbook: a Complete Guide for the Bereaved** by Helen Fitzgerald (2002)

**How to Mend a Broken Heart: Letting Go and Moving On** by Aleta Koman(1997)

**Seven Choices: Taking the Steps to New Life After Losing Someone You Love**

by Elizabeth Harper Need (1997)

**Why Are the Casseroles Always Tuna?: A Loving Look at the Lighter Side of Grief**

by Darcie Sims

**Healing Your Grieving Heart: 100 Practical Ideas** by Alan Wolfelt

**GRIEVING FOR A PARENT**

**Motherless Daughters: The Legacy of Loss** by Hope Edelman (1994)

**The Orphaned Adult: Understanding and Coping with Grief and Change After the Death of Our Parents** by Alexander Levy (1999)

**When Parents Die: A Guide for Adults** by Edward Myers (1997)

# GRIEVING FOR A SPOUSE

**Comfort for the Grieving Spouse’s Heart: Hope and healing after losing your partner** by Gary Rowe (2019)

**Heartbroken Healing from the Loss of a Spouse**

By Gary Roe (2015)

On Your Own: A Widow’s Passage to Emotional and Financial Well Being

by Alexandra Armstrong and Mary Donohue (1996)

**Widower: When Men Are Left Alone** by Scott Campbell and Phyllis Silverman (1996)

**I’m Grieving As Fast As I Can: How Young Widows and Widowers Can Cope and Heal**

by Linda Feinberg (1994)

# GRIEVING FOR A CHILD

**Give Sorrow Words: A Father’s Passage Through Grief** by Tom Crider (1996)

**Recovering from the Loss of a Child** by Katherine Donnelly (1994)

**After the Death of a Child: Living with the Loss Through the Years** by Ann Finkbeiner (1998)

# GRIEVING FOR A BABY

**Empty Cradle, Broken Heart: Surviving the Death of Your Baby**  by Deborah Davis (1996)

**When A Baby Dies: Answers to Comfort Grieving Parents** by Ronald Nash (1999)

**A Silent Loss: Pregnancy Loss** by Ingrid Kohn, Isabelle Wilkins, & Perry-Lynn Moffitt

# MEN AND GRIEF

**Swallowed by a Snake** by Thomas Golden (2000)

**Men Coping with Grief** by Dale Lund (2000)

**Men Don’t Cry: Transcending Gender Stereotypes of Grief** by Kenneth Doka (1999)

### LGBTQI Grief

**The Hurry Up Song: A Memoir of Losing My Brother (Living Out)**

by Clifford Chase & Wayne Koestenbaum

**Prayers for Bobby: A Mother’s Coming to Terms With the Suicide of Her Gay Son**

by Leroy Aarons

**Gay Widowers: Life After the Death of a Partner** by Michael Shernoff (ed)

**ONLINE GRIEF RESOURCES**

[**www.aarp.org**](http://www.aarp.org)

[**www.optionb.org**](http://www.optionb.org)

[**www.centering.org**](http://www.centering.org)

[**www.compassionbooks.com**](http://www.compassionbooks.com)

[**www.whatsyourgrief.com**](http://www.whatsyourgrief.com)

[**www.griefnet.org**](http://www.griefnet.org)

[**www.centerforloss.com**](http://www.centerforloss.com)

[**www.aftertalk.com**](http://www.aftertalk.com)

[**www.hellogrief.org**](http://www.hellogrief.org)

[**www.griefhealingblog.com**](http://www.griefhealingblog.com)

**Children & Grief:**

[**www.dougy.org**](http://www.dougy.org)

[**www.childrengrieve.org**](http://www.childrengrieve.org)

[**www.petersplaceonline.org**](http://www.petersplaceonline.org)

**Support for loss of a child**:

[**www.compassionatefriends.org**](http://www.compassionatefriends.org)

**Suicide support:**

[**www.afsp.org**](http://www.afsp.org)

[**www.suicidology.org**](http://www.suicidology.org)