



Books for Grieving Adults

General Grief

- Albom, Mitch. ***Tuesdays With Morrie.***
- Bridges, William. ***Transitions.***
- Callanan, M. and Kelley, P. ***Final Gifts.***
- Colgrove and Bloomfield. ***How to Survive the Loss of a Love.***
- Grollman, Earl. ***Living When a Loved One has Died and What Helped Me When My Loved One Died.***
- Harvey, Greg, PhD. ***Grieving For Dummies: Empowering Advice for Coping with the Loss of a Loved One.***
- Kreis and Pattie. ***Up From Grief: Patterns of Recovery.***
- Kubler-Ross, Elizabeth. (All books written by her).
- Kushner, Harold S. ***When Bad Things Happen to Good People.***
- Levine, Stephen. ***Who Dies? Meetings at the Edge.***
- Lewis, C.S. ***A Grief Observed.***
- Rando, T. ***How to Go On Living When a Loved One Has Died.***
- Routh, Debra. ***Stepping Stones to Grief Recovery.***
- Schiff, Harriet. ***Living Through Mourning.***
- Staudacher, Carol. ***Men and Grief.***
- Stearns, J. ***Living Through Personal Crisis.***
- Tatelbaum, Judy. ***The Courage to Grieve and You Don't Have to Suffer.***
- Viorst, Judith. ***Necessary Losses.***
- Zunin, L and H. ***Art of Condolence.***

Loss of a Spouse or Partner

- Didion, Joan. ***The Year of Magical Thinking.***
- Gates, P. ***Suddenly Alone: A Woman's Guide to Widowhood.***
- Caine, L. ***Being a Widow.***
- Neeld, E.H. ***Seven Choices: Taking the Steps to New Life After.***
- Nudel, A.E. ***Losing Someone You Love*** (loss of a spouse) and ***Starting Over: Help for Young Widows and Widowers.***
- Wilbur, Ken. ***Grace and Grit.***

Parental Loss

- Edelman, Hope. ***Motherless Daughters.***
- Kennedy, Alexandra. ***Losing a Parent.***
- LeShan, Eda. ***Learning to Say Goodbye: When a Parent Dies.***
- Myers, E. ***When Parents Die: A Guide for Adults.***
- Secunda, Victoria. ***Losing Your Parent, Finding Yourself.***

Suicide

- Lukas, Christopher and Seiden, Henry M. ***Silent Grief: Living in the Wake of Suicide.***

Novels

- Hilderbrand, Elin. ***The Love Season.***
- Winston, Lolly. ***Good Grief.***

Loss of Child or Grandchild

Davis, P. ***Climb Toward Understanding.***

Fitzgerald, Helen. ***The Grieving Child.*** Simon & Schuster, 1992. A practical guide for parents to help them explain death to their children, understand their children's emotional responses and learn hands-on-techniques for helping them with their grief work. Includes answers to parents' most frequently asked questions.

Galinsky, Nadine. ***When a Grandchild Dies: What To Do, What to Say, How to Cope.***

Knapp, R. ***Beyond Endurance: When a Child Dies.***

Miller, Sukie. ***Finding Hope When A Child Dies.*** Simon & Schuster, 1999. Provides comfort and hope, by drawing on cross-cultural wisdom, for one of the most devastating of events. Filled with insightful ideas, practical information and inspiring personal stories.

Reed, Mary Lou. ***Grandparents Cry Twice: Help for Bereaved Grandparents.***

Rubel, Barbara. ***But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors.*** Griefwork Center, Inc., 1999. An extraordinary resource to help children deal with the difficult, often hidden and stigmatizing aftereffects of suicide.

Schiff, Harriet. ***The Bereaved Parent.***

Toder, F. ***When Your Child is Gone, Learning to Live Again.***

Borrow these and other materials for all ages on coping with grief and loss from the **Vivienn & Alan Fosman Library of Hope** at Hospice by the Bay, Larkspur, (415) 927.2273.

For grief counseling services and support, visit www.hospicebythebay.org or call the Bereavement Department at (415) 526.5699 or (707) 931.7299.