

## **Grief Resources Bibliography**

### **On Death and Dying**

FINAL GIFTS by Maggie Callanan and Patricia Kelley

Hospice nurses Maggie Callanan and Patricia Kelley share their intimate experiences with patients at the edge of life.

LIVING WITH DEATH AND DYING by Elizabeth Kubler-Ross, M.D.

A compassionate and moving guide to communicating with the terminally ill by a renowned medical doctor, psychiatrist, and thanatologist..

ON DEATH AND DYING by Elizabeth Kubler-Ross, M.D.

One of the most famous psychological studies of the late twentieth century, this is the seminal work that first introduced and explored the now-famous idea of the five stages of dealing with death: denial and isolation, anger, bargaining, depression, and acceptance.

\*THE SACRED ART OF DYING (GS) by Kenneth Kramer

An associate professor of religious studies at San Jose State University presents the story of death in its comparative religious context.

WORKING IT THROUGH, by Elizabeth Kubler-Ross, M.D.

Kubler-Ross writes that this book is a testament to “faith and the ability to survive and transcend the most difficult trials in life”.

### **General**

A GRIEF OBSERVED by C.S. Lewis

A WRONGFUL DEATH: A MEMORIR by S.M. Gilbert r. Hockenberry, J. (1995).

ANGEL CATCHER, A Journal of Loss and Remembrance by Kathy and Amy Eldon

This journal is a companion that provides the backdrop and opportunity to capture memories and the essence of the person who is no longer with you.

COMPANION TO GRIEF by Patricia Kelley

This informative book by a hospice nurse and grief counselor offers a depth of understanding and the specific explanations and suggestions.

(THE) COURAGE TO GRIEVE, Creative Living, Recovery, and Growth through Grief by Judy Tatelbaum

A tribute to the resiliency of the human spirit, Tatelbaum reminds us that grief is a wound that needs attention in order to heal.

\*CRY UNTIL YOU LAUGH, (CR) by Richard Obershaw, MSW, LICSW

The founder and director of The Grief Center and Burnsville Counseling Clinic in

Minnesota, Obershaw our expectations, myths, attitudes, and prejudices about grief and loss with a down-to-earth approach.

**DON'T TAKE MY GRIEF AWAY** by Doug Manning

A Baptist pastor and counselor helps readers face up to grief, move through it, and learn to live again.

**EARLY WINTER** by Howard Bronson

**FOR THE BEREAVED; THE ROAD TO RECOVERY**

**\*GOOD GRIEF – A Constructive Approach to the Problem of Loss (CR)**

by Granger Westberg

This small-format volume by a pioneer in the interrelationship of religion and medicine, encourages the grieving with healing thoughts that express the faith that we come out of our grief experience at a higher level of maturity and as deeper persons.

**\*GOOD GRIEF RITUALS (CR)** by Elaine Childs-Gowell, A.R.N.P., Ph.D.

This practical small-format book shows us how to get through the difficult human experience of grief and presents progressive means of transforming grief.

**GRIEF: CLIMB TOWARD UNDERSTANDING** by Phyllis Davies

**(A) GUIDE FOR THE BEREAVED SURVIVOR** by R. Baugher, Ph.D. and M. Calisa

**\*(THE) GRIEF RECOVERY HANDBOOK (CR)** by John James and Russell Friedman

**(THE) HEALING JOURNEY THROUGH GRIEF – Journal** by Phil Rich, Ed.D., MSW

**HOW TO GO ON LIVING WHEN SOMEONE YOU LOVE DIES** by T.A. Rando

**I CAN'T STOP CRYING** by John Martin and Frank Ferris, M.D.

**(A) JOURNEY THROUGH GRIEF** by Allia Bozarth, Ph.D.

**(THE) JOURNEY THROUGH GRIEF** by Alan Wolfelt, Ph.D.

**LETTING GO WITH LOVE** by Nancy O'Connor, Ph.D.

**MEETINGS AT THE EDGE** by Stephen Levine

**(THE) MOURNING HANDBOOK** by Helen Fitzgerald

**MOVING VIOLATIONS, WAR ZONES, WHEELCHAIRS, AND DECLARATIONS OF INDEPENDANCE**

\*(THE) NEXT PLACE (CC) by Warren Hanson

OUR SOULS TO KEEP by G. Henderson

(A) PASSAGE THROUGH GRIEF, An Interactive Journal by Barbara Baumgardner

\*REMEMBERING (CC) (Explaining Donation) by Vajentic and Neuer

REMEMBERING WITH LOVE by E. Levang, Ph.D. and I. Sherokee

\*SAFE PASSAGE (GS) by Molly Fumia

STRINGS: The Miracle of Life (On Transplantation) by John Robbins

TRANSCENDING LOSS by Ashley Prend, A.C.S.W.

TUESDAYS WITH MORRIE by Mitch Albom.

### **Spiritual and Cultural Aspects of Grief**

(THE) ART OF HAPPINESS: A HANDBOOK FOR LIVING by the Dalai Lama

BATTLEFIELDS AND BURIAL GROUNDS: THE INDIAN STRUGGLE TO PROTECT BURIAL GROUNDS IN THE UNITED STATES by Echo-Hawk

DEATH RITUAL IN LATE IMPERIAL AND MODERN CHINA By J.L. Watson and E.S. Rawski

GLIMPSES OF GOD by Michelle Peele

Peele has written of her never-ending journey of sorrow after losing her daughter in a car accident.

\*HEALING INTO LIFE AND DEATH (CR) by Stephen Levine

HOW DIFFERENT RELIGIONS VIEW DEATH AND THE AFTERLIFE by C.J. Johnson and M.G. McGee

(THE) JEWISH WAY IN DEATH AND MOURNING by Maurice Lamm

According to Lamm, this is a handbook that traces Jewish religious practices in detail, as well as the rationale that appears to underlie the observances. ...”

MOONCAKES AND HUNGRY GHOST: FESTIVALS IN CHINA by C. Stepanchuk and C. Wong

NORTH AMERICAN INDIAN BURIAL CUSTOMS By H.C. Harrow

REMEMBRANCES AND CELEBRATIONS edited by Jill Werman Harris  
This book of eulogies, elegies, letters, and epitaphs speaks of loss and love and honor.

\*SAFE PASSAGE (GB) by Molly Fumia

SISTERS OF THE YAM: BLACK WOMEN AND SELF-RECOVERY by B. Hooks

(THE) SKELETON AT THE FEAST by E. Carmichael and C. Sayer

(THE) TIBETIAN BOOK OF LIVING AND DYING by S. Rinpoche

VIVA TE RECUERDO: LIVING TRADITIONS IN THE MEXICAN DAY OF THE DEAD By R.V. Childs and P.B. Altman

WHEN A LOVED ONE DIES – Meditations for the Journey through Grief  
by Phillip Williams

WHEN BAD THINGS HAPPEN TO GOOD PEOPLE by Harold Kushner

\*WHO DIES? AN INVESTIGATION OF CONSCIOUS LIVING AND DYING (CR)  
by Stephen and Ondrea Levine

### **Supporting Those Who are Grieving**

CAREGIVER RESOURCE (CR) – Will help acquaint the reader with issues surrounding death and loss.

BEYOND SYMPATHY: What to Say and Do for Someone Suffering a Loss by Janice Lord

A licensed professional counselor and certified social worker gives us tools that enable us to reach out to one another with informed empathy.

CAREGIVER THERAPY by Julie Kichelbeck and Victoria O’Conner (Abbey Press)  
In this small format book, with one brief lesson per page, O’Conner invites the reader to deepen and enrich the caregiving experience by remaining open.

\*(A) CHILD DIES: A Portrait of Family Grief (PG) by Joan Arnold, and Penelope Gemma

This book was written for families who will benefit from sharing the experiences of others who have gone through the tragic loss of a child.

DEATH, A PERSONAL UNDERSTANDING (STUDY GUIDE) by Robert Kastenbaum  
This PBS video course is designed to provide learners with an introduction to the who, what, where, when, why, and how of death in society.

\*GOOD GRIEF RITUALS (GB) by Elaine Childs-Gowell, Ph.D.

\*HEALING INTO LIFE AND DEATH (GS) by Stephen Levine

(THE) HELPER'S JOURNEY: WORKING WITH PEOPLE FACING GRIEF, LOSS,  
AND LIFE THREATENING ILLNESS by D. G. Larson

LIFELINE: HOW ONE NIGHT SAVED FIVE LIVES by Mary Schomaker

\*LIFETIMES; THE BEAUTIFUL WAY TO EXPLAIN DEATH TO CHILDREN (CC)  
by Bryan Mellonie and Robert Ingpen

LIVING WITH GRIEF: How We Grieve by Joyce Davidson and Kenneth Doka

LIVING WITH GRIEF; At Work, At School, At Worship by Davidson and Doka

LIVING WITH GRIEF AFTER A SUDDEN LOSS edited by Kenneth Doka

\*MOLLY'S MOM DIED (CC) (Centering Corp.) by Margaret Holmes

\*ON CHILDREN AND DEATH (PG) by Elisabeth Kubler-Ross, M.D.

PEACE THERAPY by J. Kuebelbeck and V. O'Connor

PEACE, LOVE, AND HEALING by Bernie Siegel, M.D.

(THE) PUZZLE PEOPLE: MEMOIRS OF A TRANSPLANT SURGEON by Thomas  
Starzl

\*SAM'S DAD DIED (CC) (Centering Corp.) by Margaret Holmes

## **Children**

AFTER CHARLOTTE'S MOM DIED by Cornelia Spelman L.C.S.W., A.C.S.W.  
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.

AFTER THE FUNERAL by Jane Winsch

Discusses the various feelings accompanying the death of a loved one, including sadness  
grief and the fear of death itself – written in a way that children can understand.

BADGER'S PARTING GIFTS by Susan Varley

All the woodland creatures love old Badger, who is their confidant, advisor, and friend. Badger's friends are sad when he dies, but they treasure the legacies he left them.

(THE) DEAD BIRD by Margaret Wise Brown

(An excellent handling of the subject of death for children ages 4 to 8 )

(THE) EMPTY PLACE – A Child's Guide Through Grief by Roberta Temes, Ph.D.

When a third grader's big sister dies, the boy is confused, angry, and scared "because someday my mother could die, or my father could die, or I could die."

\*(THE) FALL OF FREDDIE THE LEAF – A Story of Life for All Ages (GB)

by Leo Buscaglia, Ph.D.

This inspiring allegory illustrates the delicate balance between life and death. Children and adults will be touched by this sensitive treatment of death.

GERANIUM MORNING by E. Sandy Powell

Powell examines the loss of a parent, gently probing the myriad feelings associated with grief.

HEALING YOUR GRIEVING HEART: 100 Practical Ideas for Kids by Alan Wolfelt Ph.D.

Written for children ages 6 – 12

HELP ME SAY GOODBYE – Activity Book by Janis Silverman.

This art therapy book encourages children to express their feelings in words or pictures, helping them deal with their feelings.

\*HOPE FOR THE FLOWERS by Trina Paulus (GB)

Trina Paulus presents her easy-to-read picture book as "a tale partly about life, partly about revolution, and lots about hope for adults and others...".

HOW I FEEL – A Coloring Book for Grieving Children by Alan Wolfelt Ph.D.

HOW IT FEELS WHEN A PARENT DIES by Jill Krementz

HOW WILL THEY GET THAT HEART DOWN YOUR THROAT? by Karen Walton

\*LIFETIMES; THE BEAUTIFUL WAY TO EXPLAIN DEATH TO CHILDREN (CR)  
by Bryan Mellonie and Robert Ingpen

(A) LITTLE BIT OF ROB by Barbara Turner

LIZZY GETS A NEW LIVER by Lizzy Ribal (English and Spanish language)

\*MOLLY'S MOM DIED (CR) (The Centering Corporation) by Margaret Holmes

\*(THE) NEXT PLACE (GB) by Warren Hanson

REMEMBERING (ages 6 – 11) An explanation of donation by Vajentic and Neuer

\*REMEMBERING (GB) (ages 12 and up) An explanation of donation by Vajentic & Neuer

SAD HUG, MAD HUG, HAPPY HUG (LifeNet booklet) by Channing Bete Co.

(THE) SADDEST TIME by Nora Simon

\*SAM’S DAD DIED (CR) (The Centering Corporation) by Margaret Holmes

SAYING GOODBYE Activity Book by Jim and Joan Boulden

SAYING GOODBYE TO DADDY by Judith Bigna

SAYING GOODBYE TO GRANDMA by Jane Thomas

STACY HAD A LITTLE SISTER by Wendie Old

(THE) TENTH GOOD THING ABOUT BARNEY by Judith Viorst

TIMOTHY DUCK by Lynn Bennett-Blackburn

WHAT ON EARTH DO YOU DO WHEN SOMEONE DIES? by Trevor Romain

WHEN DINOSAURS DIE by Laurie Brown and Marc Brown

WHEN SOMEONE VERY SPECIAL DIES – Children’s drawing book by Marge Heegaard

CHILDREN AND DEATH (CD) – Written for adults to explain death and help with grieving

EXPLAINING DEATH TO CHILDREN by Earl Grollman

This 47-page booklet, admits, “There are no simple, foolproof answers to death, the most difficult of all questions.”

(THE) GRIEVING CHILD by Helen Fitzgerald

Offering practical, compassionate advice for helping a child cope with the death of a loved one.

HEALING A CHILD’S GRIEVING HEART by Alan Wolfelt, Ph.D.

The reader can turn to any page and seize an idea that will support a child immediately.

## **Parents**

DEATH OF CHILDREN (DC) – Family resource for dealing with the loss of a child

\*(A) CHILD DIES: A Portrait of Family Grief (CR) by Joan Arnold, and Penelope Gemma

This book was written for families who will benefit from sharing the experiences of others who have gone through the tragic loss of a child.

PARENTAL GRIEF (PG) – Addressing the special needs of bereaved parents

AFTER THE DARKEST HOUR THE SUN WILL SHINE AGAIN by Elizabeth Mehren  
After Mehren's daughter died, she wrote the book she most needed -- a book that is both guide and meditation.

(THE) BEREAVED PARENT by Harriet Schiff

Written by a bereaved mother, this is a classic for parents whose child has died and for all who want to help them.

(A) BROKEN HEART STILL BEATS by Anne McCracken and Mary Semel

A journalist and a social worker, both of whom have lost a child, compiled this collection of poetry, fiction, and essays.

GOODBYE MY CHILD by Sara Wheeler and Margaret Pike

When your child dies, you lose a part of your future.

PARENTAL LOSS OF A CHILD Edited by Theresa Rando

\*ON CHILDREN AND DEATH (CR) by Elisabeth Kubler-Ross, M.D.

\*SUICIDE OF A CHILD (DS) by Adina Wroblewski (A Centering Corp. Resource)

An author who knows about suicide personally and professionally writes a very concise handbook for parents.

## **Teens**

TEEN COLLECTION (TC) – Books for and about teenage bereavement

FIRE IN MY HEART, ICE IN MY VEINS (Centering Corp..) by Enid Traisman, M.S.W.

A fill-in journal for teenagers experiencing a loss.

HEALING A TEENS GRIEVING HEART: 100 Practical Ideas by Alan Wolfelt Ph.D.  
Practical, realistic ideas are presented in a simple, easy-to-use format that allows the reader to flip to any page and begin helping a grieving teen today.

HELPING TEENS COPE WITH DEATH by the Dougy Center for Grieving Children  
This 57-page book offers tips on navigating anger, guilt, and frustration as well as suggestions for coping with holidays and anniversaries.

STRAIGHT TALK ABOUT DEATH FOR TEENAGERS by Earl Grollman

TEENAGERS FACE TO FACE WITH BEREAVEMENT by Gravell and Haskins

YOU ARE NOT ALONE: TEENS TALK ABOUT LIFE AFTER THE LOSS OF A PARENT by Lynne Hughes

### **Death of a Parent of Adults**

FINDING YOUR WAY AFTER YOUR PARENT DIES by Richard Gilbert  
Many adults are taken aback by the sense of being “orphaned” that the death of a mother or father can bring.

WHEN PARENTS DIE by Edward Myers  
Myers offers sensible, compassionate advice to those coping with the death of a parent. Practical matters, such as dealing with funerals and estates are also discussed.

MEN AND GRIEF (MG) – Male issues in grieving

MEN AND GRIEF by Carol Staudacher  
This book is both a guide for men surviving the death of a loved one and a resource for caregivers and mental health professionals.

SWALLOWED BY A SNAKE by Thomas Golden L.C.S.W.  
Golden’s blend of folklore, cross-cultural analysis, and clinical advice is meant to be a map and a guide through the experience of loss into a place of healing.

WHEN A MAN FACES GRIEF/A MAN YOU KNOW IS GRIEVING (Double book) by Golden and Miller  
This small book of 12 practical ideas is written as a double book, focusing on the masculine side of healing from loss and 12 practical ideas for friends and family of the grieving man.

PARENTAL GRIEF (PG) – (See “Children, Teens and Parental Grief”)

SPOUSAL GRIEF (SG) – Meeting the needs of the grieving spouse

**GRIEF EXPRESSED WHEN A MATE DIES** by Marta Felber

A widow and counselor shares her insights for bereaved spouses and those who surround them.

**WHEN YOUR SPOUSE DIES** – by Cathleen Curry

Very practical and concise wisdom for growing through the death of a spouse.

**WIDOW TO WIDOW** by Genevieve Davis Ginsburg M.S.

Ginsburg is frankly honest as she dispels the myths and disputes the rules, encouraging each widow to begin her new life in her own way and time.

**SUDDEN DEATH AND SUICIDE (DS)** – The special needs imposed by sudden loss

**HEALING AFTER THE SUICIDE OF A LOVED ONE** by Ann Smolin and John Guinan

A very informative book to provide new insights into the emotional responses experienced after the self-inflicted death of a loved one.

**NO TIME FOR GOODBYES** by Janice Harris Lord

Lord, a former Director of Victim Services for Mothers Against Drunk Driving, has worked personally with survivors for the past decade offering a moving account of the unique anguish associated with this type of loss.

**NO TIME TO SAY GOODBYE** by Carla Fine

Comprehensive and rich in exposition, she brings suicide survival into the light.

**SUICIDE OF A CHILD (PG)** by Adina Wroblewski (A Centering Corp. Resource)

An author who knows about suicide personally and professionally writes a very concise handbook for parents.

**SHELTERING THOUGHTS ABOUT LOSS AND GRIEF** by Sharon Gilchrest O'Neill