

## **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 Memoir* 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* by Austin H. Kutscher

\**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* 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

\*(*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 bell hooks

*(The) Skeleton at the Feast* by E. Carmichael and C.Sayer

*(The) Tibetan 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**

*Cargiver Resources* (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 Sympathy* 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 Joyce Davidson and Kenneth 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, fool-proof 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 Teen's 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