

Hinds Hospice Center for Grief and Loss

Bibliography

Resources for Bereaved Adults

Bartocci, Barbara. **Nobody's Child Anymore**. A book about the death of a parent and mourning this loss. Heartfelt stories about the author and others.

Baughner, Robert. **A Guide to Understanding Guilt During Bereavement**. A short, easy to read book about guilt in mourning. Helpful suggestions.

Bennett, Nina. **Forgotten Tears: A Grandmother's Journey Through Grief**. A Grandmother's grief journey after the stillbirth of her grandchild.

Berg, Leah Vande, & Trujillo, Nick. **Cancer and Death: A Love Story in Two Voices**. The authors tell the story of her battle with cancer and subsequent death. An honest account about cancer, death, grief and life.

Chethik, Neil. **Fatherloss: How Sons of All Ages Come to Terms with the Death of their Dads**. This book describes the male grieving process and gives advice to help guide sons through the death of their fathers.

Elerman, Hope. **Motherless Daughters**. This book reveals how the absence of a nurturing presence shapes a woman's identity and how to understand the grief journey.

Elison, Jennifer & McGonigle, Chris. **Liberating Losses: When Death Brings Relief**. A book that expands the traditional definition of grief and explores when death brings relief either by the end to suffering or the end to a conflicted relationship.

Feinberg, Linda. **I'm Grieving As Fast As I Can**. A book for young widows or widowers that highlights the special circumstances of facing an untimely death.

Fine, Carla. **No Time to Say Goodbye**. Author offers advice for those grieving the death of a loved one by suicide. Drawn from the author's personal experience of the death of her husband and interviews with other survivors.

Ginsburg, Genevieve Davis. **Widow to Widow**. Thoughtful, practical ideas for rebuilding your life after the death of a spouse. Includes challenges, changes, decision making and relationships.

Golden, Tom. **Swallowed By a Snake**. A book that provides the masculine side of grief and offers healing strategies and new ways to understand the grieving process.

Green, Phyllis. **It Must Have Been Moonglow: Reflections on the First Years of Widowhood**. This author shares her experience of grieving the death of her husband after 56 years of marriage.

Grollman, Earl. **Living When A Loved One Has Died**. A gentle guide that offers information on the many facets of grief and suggestions to help heal and slowly build new lives.

Hickman, Martha. **Healing After Loss**. A collection of daily meditations that offer strength and comfort to those grieving.

Johnson, Joy & Johnson, Marv. **Grief: What It Is and What You Can Do**. This book discusses feelings, issues, other people, rituals and caring for yourself.

Kosminisky, Phyllis. **Getting Back to Life When Grief Won't Heal**. A book that guides individuals whose grief is impacted by complicated relationships with the deceased.

Marshall, Fiona. **Losing A Parent**. A comforting guide to coping with grief after the death of a parent. Full of stories and quotes and information on your surviving parent.

Reichert Lambin, Helen. **The Death of a Husband: Reflections of a Grieving Wife**. Poignant reflections from a wife mourning the death of her husband.

Sims, Darcie & Franklin, Alicia Sims. **Footsteps Through Grief**. An easy to read, beginning guide for the journey through grief.

Sims, Darcie & Franklin, Alicia Sims. **The Other Side of Grief**. For those who have been grieving for some time. This easy to read book explores the changes you experience as you move through grief.

Sitser, Gerald. **A Grace Disguised: How the Soul Grows in Loss**. This book is written by a man who has experienced profound loss. He shares about grace that can transform in the midst of sorrow.

Wolfelt, Alan. **The Journey Through Grief**. Author describes the six mourning needs and offers brief poetic passages related to each need. Also has a place for journaling at the end of each chapter.

Resources for Bereaved Parents

Bernstein, PhD., Judith. **When the Bough Breaks**. With honesty and empathy, this book describes how other bereaved parents have coped with the death of a child.

Heavilin, Marilyn Willett. **Roses in December**. The author, a bereaved parent, shares her story and ideas to help with grief. She describes the deepest sorrow and also healing.

Johnson, Joy & Johnson, Marv. **Children Die Too**. A good first book for bereaved parents. Discusses feelings, dealing with guilt and facing sadness. *Also available in Spanish.

Johnson, Joy & Johnson, Marv. **This Little While**. This is a book of support for parents experiencing the death of a stillborn baby or a very young infant.
*Also available in Spanish.

Mitchell, Ellen. **Beyond Tears: Living After Losing a Child**. Nine mothers share their experience after the death of a child. Offers comfort and direction to bereaved parents and discusses what to expect in the first year and beyond.

Schiff, Harriet. **The Bereaved Parent**. Offers suggestions and guidance on how to cope with the death of a child, from the funeral to rebuilding your marriage.

Wolfelt, Alan. **Healing a Parent's Grieving Heart**. Practical ideas for parents after the death of a child. Includes marital stress, helping surviving siblings and guilt.

Resources for Bereaved Children

Brown, Laurie & Brown, Mark. **When Dinosaurs Die-A Guide to Understanding Death**. This colorful book helps answer questions for children about death.

Clifton, Lucille. **Everett Anderson's Goodbye**. Tells the story of a boy coping with the death of his father.

Dougy Center. **After a Murder: A Workbook for Grieving Kids**. A workbook for children grieving after a death by murder.

Dougy Center. **After a Suicide: A Workbook for Grieving Kids**. A helpful resource that helps children impacted by suicide to learn from other children who also have experienced a suicide.

Grollman, Earl. **A Child's Book about Burial and Cremation**. A workbook for children that discusses traditions and ceremonies related to death.

Grollman, Earl & Johnson, Joy. **The Complete Book About Death for Kids**. A helpful book that provides information about death and dying and the feelings experienced when someone you love dies.

Hanson, Warren. **The Next Place**. A comforting book that describes a destination free from earthly hurts and full of wonder and peace.

Heegaard, Marge. **When Someone Very Special Dies**. An engaging workbook for children that helps them to recognize and express feelings of grief.

Levine, Jennifer. **Forever in my Heart**. This workbook is for children whose loved one is terminally ill. Allows children to process feelings prior to a death.

Mellonie, Bryan & Ingpen, Robert. **Lifetimes: The Beautiful Way to Explain Death to Children**. This insightful book uses the life cycles of all living things as a way to explain death to children.

Mundy, Michaelene. **Sad Isn't Bad**. A comforting book for children that offers a realistic look at death and positive suggestions for coping.

O'Toole, Donna. **Aarvy Aardvard Finds Hope**. This book uses animals to describe healing after loss.

Schwiebert, Pat. **We Had An Angel Instead**. A beautiful book describing the reactions of a little boy to the impending birth, and then unexpected death of his sibling.

Schwiebert, Pat & DeKlyen, Chuck. **Tear Soup**. A wonderful book that tells the story of how a grandma heals in her grief. Appropriate for both children and adults.

Shriver, Maria. **What's Heaven?** A comforting book that answers questions about heaven, the spirit and saying goodbye.

Traisman, Enid. **Fire in My Heart, Ice in My Veins**. This helpful workbook allows teenagers the opportunity to journal their thoughts and feelings after a death.

Wolfelt, Alan. **How I Feel**. A coloring book for young children that explores the many feelings that children experience in grief.