

Hinds Hospice Center for Grief and Healing 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.

Dann, Patty, **The Goldfish Went on Vacation** "The moment when Patty Dann's husband was diagnosed with terminal brain cancer, she felt as though the ground had dropped out beneath her. Her grief, however, was immediately interrupted by the realization that she would have to tell their three-year-old son, Jake, that his father was dying."

Didion, Joan, **The Year of Magical Thinking** This book is a memoir of the authors experience through the death of her husband and her efforts to make sense of a time when nothing made sense.

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

Bacon, Armen and Miller, Nancy. **Griefland** It's the tragedy no one wants to imagine: the death of a child. Two women meet in the darkest hours of their lives and forge an extraordinary friendship that becomes the catalyst for exploring, enduring, and surviving the treacherous terrain of a place they call Griefland.

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.

Lewis, C.S. **A Grief Observed** "Written after his wife's tragic death as a way of surviving the 'mad midnight moment,' A Grief Observed is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss."

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.

Wolterstorff, Nicholas. **Lament For a Son**

"...the death of a friend or family member is a beginning as much as an end. For the author of this book, who lost his 25-year-old son Eric in a mountain climbing accident, it meant the start of a long, unwanted journey to come to terms with his grief -- and the 'unanswered questions' of his wounded spirit."

Resources for Bereaved Children

Blesy, Marcy, **Am I Like My Daddy?** A story of a young girl wanting to learn about her dad who died when she was younger.

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.