

Grief and Loss Recommended Reading List:

Kids:

General Grief:

Always Remember by CeCe Mang

Gentle Willow: a story for children about dying by Joyce C. Mills

Ida, always by Caron Levis

I'll always love you by Hans Wilhelm

Lifetimes: a beautiful way to explain death to children by Bryan Mellonie and Robert Ingpen

My many colored days by Dr. Seuss

Sun Kisses, Moon Hugs by Susan Schaefer Bernardo and Courtenay Fletcher

The Fall of Freddie the Leaf by Leo Buscaglia

The Invisible String by Patrice Karst

The Memory Box: a book about grief by Joanna Rowland

The Rabbit Listened by Cori Doerrfeld

The Rough Patch by Brian Lies

Why do People Die?: helping your child understand – with love and illustrations by Cynthia MacGregor

Pet:

When a Pet Dies by Fred Rogers

Parent:

Love You, Teddy: A "Tail" of Loss and Hope by Virginia Ulch

Also for 10-12 year olds:

Pay Attention Carter Jones by Gary D. Schmidt

The last invisible boy by Evan Kuhlman

Teens:

General Grief/Coping:

Everything all at once by Katrina Leno

Healing your grieving heart for teens: 100 practical ideas by Alan D. Wolfelt PhD

Straight talk about death for teenagers: how to cope with losing someone you love by Earl Grollman

Stuff That Sucks: a teens guide to accepting what you can't change and committing to what you can by Ben Sedley

Tear soup: a recipe for healing after loss by Pat Schwiebert

Parent:

We are okay by Nina LaCour

You are Not Alone: Teens talk about life after the loss of a parent by Lynne B. Hughes

Sibling:

Grieving for the sibling you lost: a teen's guide to coping with grief and finding meaning after loss by Erica Goldblatt Hyatt

Friend:

Goodbye days by Jeff Zentner

Pet:

Remembering my pet: a kids own spiritual workbook for when a pet dies by Nechama Liss-Levinson and Rev. Molly Phinney Baskette

When your pet dies: a guide to mourning, remembering, and healing by Alan Wolfelt

Loss Through Suicide:

We are okay by Nina LaCour

Adults:

General Grief/Loss

Ambiguous Loss: learning to live with unresolved grief by Pauline Boss

Grief's Courageous Journey: A Workbook by Sandi Caplan and Gordon Lang

Healing after loss: daily meditations for working through grief by Martha Whitmore Hickman

How to go on living when someone you love dies by Therese Rando

Living with grief after sudden loss: suicide, homicide, accident, heart attack, stroke by Kenneth Doka

No time for goodbyes: coping with sorrow, anger and injustice after a tragic death by Janice Harris Lord

The courage to grieve by Judy Tatelbaum

Transcending loss: understanding the lifelong impact of grief and how to make it meaningful by Ashley Davis Bush

Child

After the death of a child: living with loss through the years by Ann K. Finkbeiner

Finding Hope When a Child Dies: What Other Cultures Can Teach Us by Sukie Miller and Doris Ober

Help, Comfort And Hope After Losing Your Baby In Pregnancy Or The First Year by Hannah Lothrop

The Bereaved Parent by Harriet Sarnoff Schiff

Spouse

A grief observed by C.S. Lewis

The year of magical thinking by Joan Didion

Parent

Imperfect endings: a daughter's tale of life and death by Zoe FitzGerald Carter

Midlife Orphan: facing life's changes now that your parents are gone by Jane Brooks

The orphaned adult: understanding and coping with grief and change after the death of our parents by Alexander Levy

Sibling

Healing the adult siblings grieving heart: 100 practical ideas for after your brother or sister dies by Alan Wolfelt

Surviving the death of a sibling: living through grief when an adult brother or sister dies by T. J. Wray

The empty room: surviving the loss of a brother or sister at any age by Elizabeth DeVita-Raeburn

Pet

When your pet dies: a guide to mourning, remembering, and healing by Alan Wolfelt

Dying/Caregiving/Anticipatory Grief

The Bright Hour: A Memoir of Living and Dying by Nina Riggs

Dying well: peace and possibilities at the end of life by Ira Byock, M.D.

Final Exit: the practicalities of self-deliverance and assisted suicide for the dying by Derek Humphrey

Final Gifts by Maggie Callanan and Patricia Kelley

The four things that matter most: a book about living by Ira Byock

Handbook for mortals: guidance for people facing serious illness by Joanne Lynn, and Joan Harrold

The Bright Hour: A Memoir of Living and Dying by Nina Riggs

The comfort of home: an illustrated step-by-step guide for caregivers by Maria M. Meyer and Paula Derr

What dying people want: practical wisdom for the end of life by David Kuhl

Wit: understanding the special awareness, needs and communication of the dying by Margaret Edson

Helping Kids/Teens

A Child's View of Grief by Alan Wolfelt

Bereaved children and teens: a support guide for parents and professionals by Earl Grollman
Healing the grieving child's heart : 100 practical ideas for families, friends & caregivers by Alan Wolfelt

Helping children cope with the loss of a loved one: a guide for grownups by William C. Kroen

How to help children through a parent's serious illness: supportive practical advice from a leading child-life specialist by Kathleen McCue

Preparing the children: information and ideas for families facing terminal illness and death by Kathy Nussbaum

Talking about death: a dialogue between parent and child by Earl A. Grollman

When A Parent is Very Sick by Eda LeShan

Grief for Men

Men and Grief: A guide for men surviving the death of a loved one by Carol Staudacher

Grief for Grandparents

Grandma's tears: comfort for grieving grandparents by June Cerza Kolf

Loss Through Suicide

Dying to be free: a healing guide for families after a suicide by Beverly Cobain and Jean Larch

Living with grief after sudden loss: suicide, homicide, accident, heart attack, stroke by Kenneth Doka

Shattered: from grief to joy after my son's suicide by Rebecca Tervo

Loss From Overdose

Everything is horrible and wonderful: a tragicomic memoir of genius, heroin, love, and loss by Stephanie Wittles Wachs

When a child dies from drugs: practical help for parents in bereavement by Patricia and Russ Wittberger

Multicultural/Spiritual/Religious Loss

Death and bereavement across cultures by Colin Murray Parkes

Buddhist

The Five Invitations: discovering what death can teach us about living fully by Frank Ostaseski

Where the dead pause, and the Japanese say goodbye: a journey by Marie Mutsuki Mockett

The Tibetan Book of Living and Dying by Sogyal Rinpoche

Native American

Final salute: a story of unfinished lives by Jim Sheeler

The Sacred Tree: Reflections on Native American Spirituality by Phil Lane, Jr., Judie and Michael Bopp, Lee Brown and elders
The Soul of the Indian by Charles Alexander Eastman (Ohiyesa)

Veteran

Final salute: a story of unfinished lives by Jim Sheeler
Peace at Last: Stories of Hope and Healing for Veterans and Their Families by Deborah

GLBTQ2

Gay Widowers: Life after the death of a partner by Michael Shernoff
Lesbian Widows: Invisible Grief by Victoria Whipple

Christian

Finding your way after your spouse dies by Marta Felber

Non-Religious

A Grief Workbook for Skeptics: Surviving Loss without Religion by Carol Fiore

Spiritual books

A Year to Live: How to live this year as though it was your last by Stephen Levine
Final Gifts by Maggie Callanan and Patricia Kelley
Kitchen table wisdom: stories that heal Rachel Naomi Ramen
My grandfather's blessings: stories of strength, refuge, and belonging by Rachel Naomi Ramen
The Tibetan book of living and dying by Sogyal Rinpoche

Grief of an Expected Baby (Stillborn), Premature or Newborn:

I Love You Still: A Memorial Baby Book
In the Company of Angels: A Memorial Book by Casey Shay Press