Book Recommendations for Adults

Recommended for General Grief

**Saying Goodbye to Someone You Love:** Your Emotional Journey Through End of Life and Grief  By: Norine Dresser and Fredda Wasserman for OUR HOUSE Grief Support Center

**Living With Loss, Healing With Hope**  By: Rabbi Earl A. Grollman

**Healing After Loss:** Daily Meditations for Working Through Grief  By: Martha Whitmore Hickman

**My Grief Journal**  By: OUR HOUSE Grief Support Center

**Tear Soup**  By: Pat and Chuck DeKlyen Schwiebert

**Healing Your Grieving Heart:** 100 Practical Ideas  By: Alan D. Wolfelt

**Making Loss Matter**  By: David Wolpe

**Grief Counseling & Grief Therapy, fourth edition**  By: J. William Worden

Recommended for Death of a Partner/Spouse

**I'm Grieving As Fast As I Can:** How Young Widows and Widowers Can Cope and Heal  By: Linda Sones Feinberg

**It Must Have Been Moonglow:** Reflections on the First Years of Widowhood  By: Phyllis Grenne

**AfterImage:** A Brokenhearted Memoir of a Charmed Life  By: Carla Malden

**Grieving: A Beginners Guide**  By: Jerusha Hull McCormack

**Death without Denial, Grief Without Apology**  By: Barbara K. Roberts

**YOUNG WIDOW, Naked in the Memorial Playground**  Director: Elizabeth Titus

Recommended for Death of a Parent

**Motherless Daughters**  By: Hope Edelman

**Always Too Soon**  By: Allison Gilbert

**The Orphaned Adult:** Understanding and Coping with Grief and Change after the Death of our Parents  By: Alexander Levy

**Death Benefits:** How Losing a Parent Can Change an Adult’s Life – for the Better  By: Jeanne Safer

**Death of a Parent:** Transition to a New Adult Identity  By: Debra Umberson
Recommended for Death of a Child

Resilience By: Elizabeth Edwards

Dancing with the Midwives: A Memoir of Art and Grief By: Ann Faison

Gili’s Book: A Journey Into Bereavement for Parents and Counselors By: Henya Kagan Klein

After the Darkest Hour the Sun Will Shine Again By: Elizabeth Mehren

Tear Soup By: Pat and Chuck DeKlyen Schwiebert

Recommended Reading for Sudden Death/Death by Suicide

Living With Grief After Sudden Loss By: Kenneth Doka

I Wasn’t Ready To Say Goodbye: Surviving, Coping & Healing after the Sudden Death of a Loved One By: Brook Noel and Pamela D. Blair, Ph.D.

Recommended for Parents of Grieving Children

Children Grieve Too!: A Handbook For Parents of Grieving Children By: Lauren Schneider for OUR HOUSE Grief Support Center

Never Too Young to Know: Death in Children’s Lives By: Phyllis R. Silverman

Children And Grief: When A Parent Dies By: William J. Worden

OUR HOUSE

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