



## *RECOMMENDED BEREAVEMENT BOOK LIST*

### *ADULTS*

1. A Compassionate Practical Guide to Being a Widow - Lyy Caine. (Brief and to the point)
2. After Suicide - John Hewett. (Christian orientation, practical information)
3. A Grief Observed - C.S. Lewis (The author examines his experience after the death of his wife)
4. A Little Book of Comfort - Anthony Guest. (A collection of poems)
5. The Bereaved Parent - Harriet Schiff. (Personal account of this mother's story when her own child died; good book, practical information and support)
6. Beyond Grief: A guide for Recovering from the Death of a Loved One - Carol Staudacher, New Harbinger Publications, Inc. 1987. (Specific suggestions on how to cope with everyday life)
7. The Courage to Grieve - Judy Tattlebaum. (Outstanding book with some good exercises, good ideas, human)
8. Don't Take My Grief Away From Me - Doug Manning. (A minister's honest look at grief, easy to read)
9. Does Anybody Else Hurt This Bad and Live? - Carlene Vester Eneroth, Otis Publications, Spokane, WA. (written from the perspective of someone who has been there, easy to read)
10. Final Gifts: Understanding the Special Awareness, Needs & Communication of the Dying - Maggie Callahan & Patricia Kelley, Poseidon Press, New York, 1992.
11. Good Grief - Granger Westberg. (ten "stages" of grief, Christian orientation)
12. The Grief Recovery Handbook - John W. James & Frank Cherry. (step by stop process for recovering from grief; practical, useful)

13. Grieving: How to go on Living When Someone you loves Dies - Therese A. Rando.  
(excellent book, easy to follow, addresses different challenges faced depending on your relationship to person who died)
14. The Healing Power of Humor - Allen Klein, Jeremy P. Tharcher, Inc. (the author, a widower, helps us explore the many deterrents to laughter and gives techniques for getting through difficult times)
15. How to Survive the Loss of a Child - Catherine M. Sanders, PhD., Prima Publishing, 1992. (surviving the death of a child, stages, working through them, healing, from the perspective of a grieving parent)
16. How to Survive the Loss of a Love - Melba Colgrove, H. Bloomfield & P. McWilliams.  
(concrete activity suggestions, short easy to read poems, also has a workbook)
17. How to Survive the Loss of a Parent: A Guide for Adults - Lois F. Akner & Catherine Whitney. (Personal experiences with concrete suggestions on what to do)
18. Journal For Joy - Joyce Chapman. (a guide for journaling, simple to read and understand)
19. Learning to say Goodbye: When a Parent Dies - Eda LeShann. (practical, good)
20. Living When a Loved One has Died - Earl Grollman. (excellent book, speaks from the heart, easy to read)
21. Living with Death and Dying - Elisabeth Kubler-Ross. (classic in field, stages of dying)
22. Losing a Parent: Passage to a New Way of Living - Alexandra Kennedy, Phd. (very helpful for adults who experience the death of a parent)
23. Men and Grief - Carol Staudacher, New Harbinger Publications, Inc. 1991. (a guide for men surviving the death of a loved one)
24. Meetings at the Edge - Stephen Levine. (conversations with people who are dying)
25. Necessary Losses - Judith Viorst, Fawcett Gold Medal, New York, 1986.
26. On Death and Dying - Elisabeth Kubler-Ross. (classic in the field of death and dying, stages of dying)
27. On Your Own: A Widow's Passage to Emotional and Financial Well-being - Alexandra Armstrong & Mary Donahue. (very complete)
28. Parental Grief - Dennis Klass, PhD, the Springer Publishing Company, New York, 1988. (explores the unique nature of parental bereavement and the process through which in can finally be resolved)

34. Parental Loss of a Child - Therese Rando, PhD, Editor, Research Press, Illinois, 1986.  
(a compilation of articles written by professionals, on the death of a child)
35. Questions and Answers on Death and Dying - Elisabeth Kubler-Ross. (in response to "On Death and Dying")
36. The Road Less Traveled - Scot F. Peck, M.D., A Touchstone Book, Simon and Schuster, New York: 1978.
37. Safe Passage: Words to Help the Grieving Hold Fast and Let Go - Molly Fumia. (a collection of 273 brief statements which could be used as daily readings)
38. The Screaming Room - Barbara Peabody. (a mother's son dies from AIDS, written diary format; honest and much heralded book)
39. Someone You Love is Dying - Martin Shepard. (a guide for helping and coping)
40. To Help You Through the Hurting - Marjorie Holmes. (collection of brief, comforting writings)
41. To Live Until We Say Goodbye - Elisabeth Kubler-Ross. (pictures and stories about people who are dying)
42. Understanding Grief; Helping Yourself Heal - Alan D. Wolfelt. (a compassionate guide to coping with the death of someone loved)
43. Up From Grief - Bernadine Kries and Alice Pattie. (easy to read, practical)
44. What Murder Leaves Behind - Doug McGee. (excellent book for victims of homicide)
45. When Bad Things Happen to Good People - Rabbi Harold Kushner. (a father's attempt to make sense out of his son's death, his own pain, and the pain of others enduring undeserved misfortunes)
46. When Parents Die - Edward Myers, Library call #155.937.
47. Who Dies? - Stephen Levine. (philosophical viewpoint of grief, death)
48. Why Her Why Now - Lon Elmer, Bantam Books, 1990. (a man's journey through love and death and grief, from the perspective of someone who's been there)
49. Widow - Lynn Caine. (useful, especially for younger widows)
50. The Widower - Willard K. Kohn & Jane Burgess Kohn. (excellent, "what he faces, feels, needs")

## CHILDREN

1. A Window to Heaven, When Children See Life In Death - Diane M. Komp, M.D., Zondervan Publishing House, Grand Rapid MI, 1992. (a dying child's perspective about death and dying)
2. Charlotte's Web - E.B. White. (life and death of Charlotte, the spider)
3. Everett Anderson's Goodbye - Lucille Clifton. (a little boy trying to come to grips with his father's death)
4. Explaining Death to Children - Earl A. Grollman, Beacon Press, Boston, 1969.
5. The Fall of Freddie the Leaf - Leo Buscaglia. (a story for all ages)
6. Geranium Mourning - E. Sandy Powell, Carol Rhoda Publisher. (a boy deals with his father's death)
7. The Grieving Child, A Parent's Guide - Helen Fitzgerald, Simon & Schuster, New York, 1992. (a primer for parents in helping their children through the process of grief)
8. Helping Children Cope with Separation and Loss - Claudia L. Jewett, the Harvard Common Press, Harvard MA, 1982. (a blend of explanations and strategies for aiding children who've experienced death, divorce, or some other alteration of family structure)
9. Helping Children Grieve When Someone They Love Dies - Theresa Huntley, Augsburg Fortress, 1991. (this book will help parents listen to children, answer their questions, and guide them in coping with their feelings)
10. How It Feels When a Parent Dies - Jill Kremetz. (excellent, from point of view of children)
11. If I Die And When I Do - Franki and Barbara Sternberg. (exploring death with young people from teacher's point of view)
12. The Kid's Book about Death and Dying - Eric E. Rofes and the Unit at Fayerweather Street School, Little, Brown and Company, Boston MA, 1985. (questions and answers about death and dying from the perspective of children)
13. Lifetimes: The Beautiful Way to Explain Death to Children - Briyan Mellonie and Robert Ingpen, Bantam Books.
14. Love, Mark: A Series of Letters on Grief for Children - Mark Scrivanti. (Letters of hope for bereaved children and teens)
15. Oh, the Places You'll Go - Dr. Seuss, Random House, New York, 1990

16. On Children and Death - Elisabeth Kubler-Ross. (a touching and inspired work about how children and their parents can and do cope with death)
17. Talking About Death: A Dialogue Between Parent and Child - Earl Grollman. (one of the best books for use in discussing death with children)
18. The Tenth Good Thing About Barney - Judith Viorst. (when Barney the cat dies, his owner discovers something positive comes from his death)
19. When Grandpa Died - Margaret Stevens. (good handling of death in the family)
20. Why Did Grandpa Die? - Barbara Shook Hazen, a Golden Book, Western Publishing Co., Inc. (a girl experiences grandpa's illness, death, and her grief in the year to come)