



Books About Grief

A Grief Observed by C.S. Lewis

Bearing the Unbearable: Love, Loss and the Heartbreaking Path of Grief by Joanne Cacciatore

Being Mortal: Medicine and What Matters in the End by Atul Gawande

Companioning the Bereaved: A Soulful Guide for Counselors and Caregivers by Alan Wolfelt

Death's Door: Modern Dying and the Ways We Grieve by Sandra Gilbert

Don't Ask for the Dead Man's Golf Clubs: What to Do and Say (And What Not To) When a Friend Loses a Loved One by Lynn Kelly

Farewell My Friend: A Step-By-Step Guide to Handling a Serious Illness and Even the Death of a Loved One by Beatrice Toney Bailey

Holding Space: On Loving, Dying, and Letting Go by Amy Wright Glenn

How to Go On Living When Someone You Love Dies by Therese A. Rando

I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One by Brook Noel and Pamela Blair

I'm Grieving as Fast as I Can: How Young Widows and Widowers Can Cope and Heal by Linda Feinberg

It's Okay that You're Not Okay: Meeting Grief and Loss in a Culture that Doesn't Understand by Megan Devine

It's Okay to Laugh: (Crying is Cool Too) by Nora McInerny Purmort

Losing My Best Friend: Thoughtful support for those affected by dog bereavement or pet loss by Jeannie Wycherley

Loss of a Parent by Theresa Jackson

Loving Someone Who Has Dementia: How to find Hope while coping with Stress and Grief by Pauline Boss

Modern Loss: Candid Conversation About Grief. Beginners Welcome. by Rebecca Soffer and Gabrielle Kirkner

Motherless Daughters: The Legacy of Loss by Hope Edelman

Option B: Facing Adversity, Building Resilience, and Finding Joy by Sheryl Sandberg

Permission to Mourn: A New Way to Do Grief by Tom Zuba

Please Be Patient, I'm Grieving: How to Care For and Support the Grieving Heart by Gary Roe

Poems of Mourning by Peter Washington

Prayers for Honoring Grief by Pixie Lighthorse

Reframing PTSD as Traumatic Grief: How Caregivers Can Companion Traumatized Grievers through Catch-Up Mourning by Alan Wolfelt

Resilient Grieving: Finding Strength and Embracing Life After a Loss that Changes Everything by Lucy Hone and Karen Reivich



Silent Grief: Living in the Wake of Suicide by Christopher Lukas and Henry M Seiden

Surviving the Death of a Sibling: Living through Grief when an Adult Brother or Sister Dies by T.J.Wray

The Art of Losing: Poems of Grief and Healing by Kevin Young

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

The Dead Moms Club: A Memoir about Death, Grief and Surviving the Mother of All Losses by Kate Spencer

The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss by George A. Bonanno

The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief by Francis Weller

Thoughtful Dementia Care: Understanding the Dementia Experience by Jennifer Ghent-Fuller

Understanding Grief: Helping Yourself Heal by Alan Wolfelt

Understanding Guilt During Bereavement by Bob Baugher

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart by Alan Wolfelt

When Bad Things Happen to Good People by Harold S. Kushner

When Breath Becomes Air by Paul Kalanithi

When Grief is Complicated: A Model for Therapists to Understand, Identify, and Companion Grievers Lost in the Wilderness of Complicated Grief by Alan Wolfelt

When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron

When Your Soulmate Dies: A Guide to Healing through Heroic Mourning by Alan Wolfelt

Grief Books for Children

The Invisible String by Patrice Karst

The Memory Box by Joanna Rowland

Sun Kisses, Moon Hugs by Susan Schaefer Bernardo

I Miss You: A First Look at Death by Pat Thomas

Tear Soup: A Recipe for Healing After Loss by Chuck DeKlyen and Pat Schwiebert

Teens Dealing with Death: Stories from my Students by Susan Romero

Teen Grief: Caring for the Grieving Teenage Heart by Gary Roe

The Healing Your Grieving Heart Journal for Teens by Alan Wolfelt

Weird is Normal When Teenagers Grieve by Jenny Lee Wheeler