



SUGGESTED BOOKS: ADULT GRIEF RESOURCES

GOOD GRIEF

By Granger Westberg

This is a short classic message of survival that comes from a Christian perspective.

GRIEVING: HOW TO GO ON LIVING WHEN SOMEONE YOU LOVE DIES

By Therese Rando

Includes sudden and unexpected death. Encourages readers to grieve in their own way.

PROGRESSING THROUGH GRIEF

By Stephanie Jose

Includes guided exercises, including journaling.

HEALING AFTER LOSS: DAILY MEDITATIONS FOR WORKING THROUGH GRIEF

By Martha Whitman Hickman

MINDFULNESS & GRIEF

By Heather Stang

Includes mindfulness based meditations

FINDING YOUR WAY AFTER YOUR SPOUSE DIES

By Marta Felber

This book presents a guide for coping with the practical issues that face the recently widowed as they struggle through the grieving process.

GETTING TO THE OTHER SIDE OF GRIEF: OVERCOMING THE LOSS OF A SPOUSE

By Susan Zonnebelt-Smeenge

HEALING THE ADULT CHILD'S GRIEVING HEART

By Alan Wolfelt

Short book of 100 practical ideas to help you through the loss of your parent.

ALWAYS TOO SOON: VOICES OF SUPPORT FOR THOSE WHO HAVE LOST BOTH PARENTS

By Allison Gilbert

It is a compilation of about 20 people's stories who have lost both parents.

DON'T TAKE MY GRIEF AWAY FROM ME

By Doug Manning

FINDING YOUR WAY AFTER YOUR PARENT DIES

By Richard Gilbert

This compassionate guide is for those struggling with the loss of a parent. Offers practical suggestions for navigating these difficulties.

THE DEPRESSION OF GRIEF

By Alan Wolfelt

Coping with your sadness and knowing when to get help.

THE JOURNEY THROUGH GRIEF

By Alan Wolfelt

Explores the physical, emotional, and spiritual journey of grief.

WHEN THERE ARE NO WORDS: FINDING YOUR WAY TO COPE WITH LOSS AND GRIEF

By Charlie Walton

THE MOURNING HANDBOOK: THE MOST COMPREHENSIVE RESOURCE OFFERING PRACTICAL AND COMPASSIONATE ADVICE ON COPING WITH ALL ASPECTS OF DEATH AND DYING

By Helen Fitzgerald

GRIEVING: A BEGINNERS GUIDE

By Jerusha Hull McCormack

UNDERSTANDING GRIEF: HELPING YOURSELF HEAL

By Alan Wolfelt

A DECEMBERED GRIEF: LIVING WITH LOSS WHILE OTHERS ARE CELEBRATING

By Harold Ivan Smith, Alan Wolfelt

A GRIEF OBSERVED

By CS Lewis

First published in 1961 under the name N. W. Clerk, it is the author's journal of doubts, rage, and his faith journey following the death of his wife.

GRIEFQUEST: MEN COPING WITH LOSS

By Robert Miller, Stephen J. Hrycyniak

This book of spiritual meditations is written for men and the women who care about them.