



Suggested Reading on Grief & Loss

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ABCs of Healthy Grieving: A Companion for Everyday Coping

Harold Ivan Smith (2007)

Seventy-two brief suggestions for healthy grieving, each two pages in length and titled starting with a letter of the alphabet followed by an "I Can" statement, encourage those suffering the loss of a loved one to grow through grief, spiritually and emotionally.

Companion Through the Darkness

Stephanie Ericsson (1993)

An intimate and profoundly touching guide for those in grief, legitimizing the complex and often taboo emotions we all feel when loss transforms our lives.

Conversations at Midnight

Kay & Herbert Kramer (1994)

A powerful, important and comforting aid to coping with death's finality by a couple who together struggled over coming to terms with their own mortality.

Don't Take My Grief Away from Me

Doug Manning (2011)

A perfect companion for any bereaved person regardless of the time since the death.

Entering the Healing Ground: Grief, Ritual and the Soul of the World

Francis Weller (2012)

Author and soul activist Francis Weller, offers a new vision of grief and sorrow. He reveals the hidden vitality in grief, uncovered when the heart welcomes the sorrows of our life and those of the world. We are ripened in times of loss, made more human by the rites of grief. Through story, poetry and insightful reflections, Francis offers a meditation on the healing power of grief.

The Final Entrance: Journeys Beyond Life

Susan Schoenbeck (1997)

What happens when we die? Is there simply nothing—as some believe—an eternal void? Or are we assured an afterlife? Few of us have not struggled with the question, for death is as certain and natural a process as life. From her own rich experiences, and by gathering those of others—fellow nurses, doctors, patients, caregivers, emergency medical technicians, family members—Schoenbeck has compiled this collection of more than 60 personal encounters in the special space between life and death—or, as Schoenbeck views it, the "final entrance."

Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying

Maggie Callanan and Patricia Kelley (2012)

Through their stories we come to appreciate the near-miraculous ways in which the dying communicate their needs, reveal their feelings, and even choreograph their own final moments; we also discover the gifts—of wisdom, faith, and love—that the dying leave for the living to share.

Final Journeys: A Practical Guide for Bringing Care and Comfort at the End of Life

Maggie Callanan (2009)

For more than two decades, hospice nurse Maggie Callanan tended to the terminally ill and been a cornerstone of support for their loved ones. The co-author of the classic bestseller *Final Gifts* passes along the lessons she has learned from the experts—her patients.

Finding Your Way Through Grief: A Guide for The First Year

Marty Tousley (2008)

This popular and well-received book is a sensitive, informative guide to help survivors understand and cope with the feelings and experiences they're likely to encounter in the first year following the death of a loved one.

The Four Things That Matter Most: A Book About Living

Ira Byock, MD (2014)

Four simple phrases: "Please forgive me," "I forgive you," "Thank you," and "I love you," carry enormous power. In many ways, they contain the most powerful words in our language. These four phrases provide us with a clear path to emotional wellness; they guide us through the thickets of interpersonal difficulties to a conscious way of living that is full of integrity and grace.

Grieving the Death of a Mother

Harold Ivan Smith (2003)

A mother's death can make a shambles of schedules, priorities, agendas, commitments, and sometimes, even our most important relationships. A mother's last breath inevitably changes us. Drawing on his own experience of loss, as well as those of others, Harold Ivan Smith guides readers through their grief, from the process of dying through the acts of remembering and honoring a mother after her death.

Good Mourning: Getting Through Your Grief

Allan Hugh Cole Jr. (2008)

In this brief book, Allan Hugh Cole explains the process of grief and what loss can do to us, identifies ways of coping, and reminds us of the hope that we can find in mourning.

Healing After Loss

Martha Hickman (1994)

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

Healing Grief, Finding Peace

Dr. Louis LaGrand (2011)

Grief counseling expert Dr. Louis LaGrand describes 101 tips and prescriptions to help mourners through their tragic loss. His specific coping strategies offer practical advice, ultimately giving you pathways for achieving lasting inner peace by using the one thing you can control—your own response to grief.

Healing into Life and Death

Stephen Levine (1989)

Stephen Levine deals directly with the choice and application of treatment, offering original techniques for working with pain and grief, and discusses the development of a merciful awareness as a means of healing, as well as how to encourage others to do the same.

How to Survive the Loss of a Parent: A Guide for Adults

Lois F. Akner (1994)

Many people who usually function well are thrown for a loop when a parent dies. They're surprised at the complex feelings of love, loss, anger, and guilt, and at the unresolved issues that emerge. Therapist Lois Akner explains why the loss of a parent is different from other losses and, using examples from her experience, shows how it is possible to work through the grief.

How to Survive Your Grief When Someone You Love Has Died

Susan F. Fuller (2008)

This practical, no-nonsense book tells the truth about grief and how to survive it. Drawing on 20 years of experience supporting thousands of people as they traverse the mysterious terrain of grief, Fuller answers all of the most common questions she's been asked over the years. She explains the most common reactions to grief—why they happen, how to handle them and when to get help.

I Wasn't Ready to Say Goodbye:

Surviving, Coping and Healing After the Sudden Death of a Loved One

Brook Noel and Pamela D. Blair (2008)

Tapping their personal histories and drawing on numerous interviews, authors Brook Noel and Pamela D. Blair, Ph.D., explore unexpected death and its role in the cycle of life. *I Wasn't Ready to Say Goodbye* provides survivors with a rock-steady anchor from which to weather the storm of pain and begin to rebuild their lives.

The Last Adventure of Life: Sacred Resources for Living and Dying from a Hospice Counselor

Maria Dancing Heart (2008)

Anyone who is grieving, preparing to die, caring for ill loved ones, or interested in exploring new ways to view spirituality and death will value this essential tool for healing and prayer. The book maintains that hospice care is an experience grounded in spirituality—the force that binds everything together. This interconnectedness of all things is demonstrated in inspirational stories, poetry, scripture, prayers, and guided meditations that will assist those wishing to go spiritually deeper. Further supported by chapters on grief, relaxation tools, and a wealth of additional reference materials, the book becomes a treasury of hope and healing that reframes the experience of death as one of transformation—a new adventure in life.

Lessons of Loss: A Guide to Coping

Robert Neimeyer (2006)

Within the diversity of types of loss, Neimeyer recognizes and explores common themes and challenges that characterize the loss experience. The book is organized into three parts: those who grieve, those who help and personal applications.

Letters from Motherless Daughters: Words of Courage, Grief, and Healing

Hope Edelman (2014)

Letters from Motherless Daughters will reassure any woman who has lost her mother that she is neither abnormal nor alone in dealing with her grief.

Letting Go with Love: The Grieving Process

Nancy O'Connor (1994)

A positive compassionate self-help guidebook for healing the feelings of grief and loss that explains the grieving process in easy-to-read everyday terms. Written by a psychologist and based on the author's personal experiences.

Liberating Losses: When Death Brings Relief

Jennifer Elison & Chris McGonigle (2004)

An honest and sensitive book about nontraditional loss responses such as relief, joy or even a sense of freedom, and the guilt or ambivalent feeling often associated with loss.

Life After Loss: A Practical Guide to Renewing Your Life after Experiencing Major Loss

Bob Deits (2009)

Loss can be overwhelming, and recovery often seems daunting, if not impossible. With great compassion and insight, Deits provides practical exercises for navigating the uncertain terrain of loss and grief, helping readers find positive ways to put together a life that is necessarily different, but equally meaningful.

Living, Dying, Grieving

Dixie Dennis (2008)

Taking a “life education” approach, this book offers helpful tips and techniques for mastering a fear of death, suggests helpful ideas for taking care of the business of dying, and encourages students to live longer by adding excitement into their lives.

Love Lives On: Learning from the Extraordinary Encounters of the Bereaved

Dr. Louis LaGrand (2006)

Almost everyone who has lost a loved one has had the inexplicable feeling that the deceased was somehow present. This is normal for grieving individuals, and a sign that our loved ones never truly leave us. In this important book, LaGrand shares insights and true stories of this phenomenon, offering comfort, reassurance and hope in the face of sorrow.

Men and Grief: A Guide for Men Surviving the Death of a Loved One

Carol Staudacher (1991)

An insightful and thought-provoking look at the problems men face as they experience the emotionally painful times of their lives.

Motherless Daughters: The Legacy of Loss, 20th Anniversary Edition

Hope Edelman (2014)

Building on interviews with hundreds of mother-loss survivors, the author’s personal story of losing her mother, recent research in grief and psychology, *Motherless Daughters* reveals the shared experiences and core identity issues of motherless women. Twenty years after its original publication, it is still the book that women of all ages look to for comfort and understanding when their mothers die, and the book that they continue to press into each other’s hands.

The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents

Alexander Levy (2000)

Losing our parents when we ourselves are adults is in the natural order of things, a rite of passage into true adulthood. But whether we lose them suddenly or after a prolonged illness, and whether we were close to or estranged from them, this passage proves inevitably more difficult than we thought it would be. A much-needed and knowledgeable discussion of this adult phenomenon, *The Orphaned Adult* validates the wide array of disorienting emotions that can accompany the death of our parents by sharing both the author's heartfelt experience of loss and the moving stories of countless adults who have shared their losses with him.

The Other Side of Sadness

George Bonanno (2010)

We tend to understand grief as a predictable five-stage process of denial, anger, bargaining, depression, and acceptance. But in *The Other Side of Sadness*, George Bonanno shows that our conventional model discounts our capacity for resilience. In fact, he reveals that we are already hardwired to deal with our losses efficiently—not by graduating through static phases. Weaving in explorations of mourning rituals and the universal experiences of the death of a parent or child, Bonanno examines how our inborn emotions—anger and denial, but also relief and joy—help us deal effectively with loss.

Recovering from Losses in Life

Norman Wright (2006)

Life is marked by losses. Some are life changing, such as leaving home, the effects of natural disasters or war, the death of a loved one, or divorce. Others are subtle, like changing jobs, moving, or a broken friendship. But whether you encounter family, personal, or community disaster, there is always potential for change, growth, and new insight. Whether you've gone through a great tragedy or are just trying to deal with the small sorrows in life, this book can help you resist the pull toward despair and start on the road back to joy.

Safe Passage

Molly Fumia (2012)

An exquisitely honest and profoundly moving book of meditations to help the grieving accept death with grace.

Special Care Series

Doug Manning (2003)

The Special Care Series consists of four books that offer great comfort and gentle wisdom for grieving individuals. The four titles are Book 1, *Discovering Permission to Grieve*; Book 2, *Discovering Significance*; Book 3, *Discovering Comfort*; Book 4 *Discovering Understanding*.

The Tao of Dying

Doug Smith and Marilu Pittman (1998)

The teachings of ancient Chinese philosopher Lao Tzu explore ways to provide an ill or dying person with comfort, respect, dignity and control. The poetic text of Doug Smith comes to life through the moving photography of Marilu Pittman and her unforgettable portraits of the dying and the selfless individuals who care for them.

Traveling Through Grief: Learning to Live Again after the Death of a Loved One

Robert C. De Vries & Susan J. Zonnebelt (2006)

This book takes readers on the journey toward life after death, focusing on five common tasks of grief: accepting the reality of death, embracing all the emotions associated with death, storing memories, separating oneself from the deceased, and reinvesting fully in one's own life.

The Truth About Grief: The Myth of Its Five Stages and the New Science of Loss

Ruth Davis Konigsberg (2011)

Davis Konigsberg shows how the five stages were based on no science but nonetheless became national myth. She explains that current research paints a completely different picture of how we actually grieve. Grieving should not be a strictly regimented process, she argues, nor is the best remedy for pain always to examine it or express it at great length. The strength of Konigsberg's message is its liberating force: There is no manual to grieving.

Unattended Sorrow: Recovering from Loss and Reviving the Heart

Stephen Levine (2006)

Unattended sorrow is unresolved grief that has never been given a chance to heal. This lovely, spiritual book from one of the nation's most trusted grief counselors offers a series of techniques to help heal this pain so readers can lead full and joyful lives.

When Mom Dies: A Daughter's Unique Guide to Help Heal the Grieving Hearts Today

Dackeyia Q. Sterling (2014)

A powerful and compassionate book filled with practical advice and encouragement for anyone who has lost their mother. From the experience of dealing with day one of mom's death to breaking through extreme grief and sorrow when your mother is your best friend, the author has penned a valuable, quick-read book that shares useful tips and offers valuable wisdom for coping with the loss of a mother.

When Parents Die: A Guide for Adults

Edward Myers (1997)

The topics range from the psychological responses to a parent's death such as shock, depression, and guilt, to the practical consequences such as dealing with estates and funerals.

When You Lose Someone You Love: Comfort for Those Who Grieve

Richard Exley (2009)

In this compassionate, epistolary handbook on grief, a pastor offers comfort and understanding to a man suffering a profound loss, showing grief as a healthy process that God can use to mend broken hearts.

You Don't Have To Suffer

Judy Tatelbaum (2012)

Written with simplicity, warmth and clarity, this book is an inspirational and practical handbook that points the way to joyful living.