

GRIEF BIBLIOGRAPHY

Ambiguous Loss – Learning to Live with Unresolved Grief by Pauline Boss, Harvard University Press (1999).

Understanding & coping with “losses” that have no closure (e.g., family or friends with dementia, mental illness, brain injury, etc.).

Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief by Joanne Cacciatore, PhD, Wisdom Publications (2017).

Shared wisdom from a clinician and fellow griever who lost a child.

Being With Dying: Cultivating Compassion and Fearlessness in the Presence of Death by Joan Halifax, Shambhala (2008).

A spiritual and practical exploration of the dying process that serves as a guidebook for both caregivers and the dying.

The Bereaved Parent by Harriet Schiff, Viking Penquin (1978).

Probably the best book for those whose children have died.

The Cure for Sorrow: A Book of Blessings for Times of Grief by Jan Richardson, Wanton Gospeller Press (2016).

Comforting poems written by a fellow griever.

The Courage to Grieve by Judy Tatelbaum, Harper & Row (1980).

Contains information about the normal process of grieving.

Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying by Maggie Callanan and Patricia Kelley, Simon Schuster (2012).

Two hospice nurses share lessons learned from those who are dying.

Forgiving God by Carla Killough McClafferty, Discovery House Publishers (1995).

Written specifically for Christians who struggle with faith issues. This book makes specific references to Scriptures making it a resource for people who are familiar with and comforted by the Bible.

The Grieving Child by Helen Fitzgerald, Simon & Schuster (1992).

A primer for parents in helping their children through grief.

Healing After Loss by Martha Whitmore Hickman, Avon Books (1994).

A small devotional book with meditations on grief.

How to Go On Living When Someone You Love Dies by Therese Rando, Lexington Press, (1988).

One of the most comprehensive books available about the normal process of grieving.

I’m Grieving As Fast As I Can by Linda Feinberg, New Horizon Press (1994).

For young widows & widowers: practical advice for many situations.

Lost & Found: A Journey Through Grief by Ellen Uzelac, WRS Publishing (1994).

A poignant and personal account of a young widow.

THE COUNSELING CENTER AT STELLA MARIS

Men & Grief by Carol Staudacher, New Harbinger Publications (1991).

A guide for men surviving the death of a loved one.

Motherless Daughters by Hope Edelman, Addison Wesley Publishing Co. (1994).

A very good reading, full of “real stories” illustrating the effects of a mother’s death on female children of all ages.

No Time for Goodbyes by Janice Harris Lord, Pathfinder Publishing (1987).

Very useful information for survivors grieving for a loved one who was killed.

No Time to Say Goodbye: Surviving the Suicide of a Loved One by Carla Fine, Broadway Books (1997)

A personal journey through the grief of suicide, combined with insight from professional counselors.

Remember the Secret by Elisabeth Kubler-Ross, Heather Preston (Illustrator), Celestial Arts (1995).

A beautiful book for all ages describing the spiritual connection that remains with those who have died.

When Bad Things Happen to Good People by Harold Kushner, Random House (1978).

A very helpful book for people who struggle with the question, “Why did this happen to me?”