

Grief Support – Publications & Resources

155.937 AKN Akner, Lois F., **How to Survive the Loss of a Parent: A Guide for Adults**; New York: Morrow, c1993.

155.937 ANG Angel, Marc, **The Orphaned Adult: Confronting the Death of a Parent**; Human Sciences Press, NY , NY 1987.

155.937 ATT Attig, Thomas, **The Heart of Grief: Death and the Search for Lasting Love**; Recounting dozens of stories of people who have struggled with deaths in their lives, he describes grieving as a transition from loving in presence to loving in separation. Oxford University Press, NY, 2000.

155.937 BAR Bartocci, Barbara, **Nobody's Child Anymore: Grieving, Caring, and Comforting When Parents Die**; Grieving for a parent can be especially complicated this is a book of true stories, the author's own and that of friends. Offers practical suggestions on ways to cope and find new meaning beyond grief. Sorin Book, Norte Dame, IN. 2000.

155.1 BEA Beattie, Melody, **The Lessons of Love: Rediscovering Our Passion For Life When it All Seems Too Hard to Take**; *Also available on audiobook*. Harper, San Francisco, CA, 1994.

155.937 BEC Becvar, Dorothy S., **In the Presence of Grief: Helping family members resolve death, dying, and bereavement issues**, Guilford Press, 2001.

814.54 BUR Burroughs, Augusten, **This is How: proven aid in overcoming shyness, molestation fatness, spinsterhood, grief, disease and more** - for young and old alike. NY, 2012

155.9 COL Collins, Judy, **The Seven Ts: Finding Hope and Healing in the Wake of Tragedy**; Drawing on her own experience of her son's death to suicide, as well as hundreds of other people's experience, singer Judy Collins culled 7 powerful steps to healing. NY, Penquin, 2007.

248.86 COR Cornils, Stanley P., **Your Healing Journey Through Grief: A practical guide to grief management**. San Francisco , Reed Publishers, 2003.

362.28 COL Colt, George Howe, **The Enigma of Suicide**; N.Y. Summit Books,1991.

248.86 CUR Curry, Cathleen L., **When Your Parent Dies: A Concise and Practical Source of Help and Advice for Adults Grieving the Death of a Parent**; Notre Dame, IN, Ave Maria Press, 1993.

155.932 DEI Deits, Bob, **Life After Loss: A Personal Guide Dealing with Death, Divorce, Job Change and Relocation**; A practical guide for those who have difficulty finding their way back after profound ordeals. *Includes help for grieving children*. Tucson , AZ , Fisher, 2000.

155.937 DEV DeVita, Elizabeth, **The Empty Room: Surviving the Loss of a Brother or a Sister at Any Age**; after her own loss of her older brother, the author draws on interviews of more than 200 survivors scanning a range of emotions. They give tools needed to heal and move forward in dealing with the lifelong impact of that severed bond. Scribner, NY, 2004.

813.54 DID Didion, Joan, **The Year of Magical Thinking**; Didion recounts her experiences of grief after her husband John Gregory Dunne's death of cardiac arrest while her daughter lay unconscious in a NY hospital with pneumonia and septic shock. Mpls , MN High Bridge, 2005. Available in CD and print.

133.91 DUB DuBois, Allison, **Secrets of the Monarch, What the Dead Can Teach Us About Living a Better Life**; Coping with the loss of a parent and learning how to reconnect with the dead. NY, Fireside Book, 2007.

155.9 ELL Ellis, Thomas M., **This Thing Called Grief: New Understandings of Loss**; Minneapolis, Syren Book Co., 2006.

155.937 FON Fontana, Marian A., **Widow's Walk**; Personal narratives of Sept. 11 Terrorist Attack Fire Fighter spouses.

306.88 GIN Gilbert, Allison, **Parentless Parents: how the loss of our mothers and fathers impacts the way we raise our children**, NY, 2011.

306.88 GIN Ginsburg, Genevieve Davis, **Widow to Widow: Thoughtful, practical ideas for rebuilding your life**; challenges, changes, decisions-making, relationships. Tucson , AZ , Fisher Books, 1997. (originally published as **To Live Again**),

362.28 HAM Hammer, Signe, **By Her Own Hand: Memoirs of a Suicide's Daughter**; Soho Press, New York, 1991.

646.7 JAY Jaycox, Victoria, **Single Again: A Guide for Women Starting Over**; New York, W.W. Norton, 1999.

248.866 HSU Hsu, Albert, **Grieving a Suicide: A loved one's search for comfort, answers, and hope**.,. InterVarsity Press, IL 2002.

152.4 JAM James, John W. and Frank Cherry, **The Grief Recovery Handbook: A Step-by-step Program for Moving Beyond Loss**; Harper & Row, Publishers, New York , c1988.

155.936 KOL Kolf, June Cerza, **How Can I Help?: How to Support Someone Who is Grieving**. Tucson , AZ , Fisher Books, 1999.

155.937 KON Konigsberg, Ruth Davis, **The Truth about Grief: the myth of its five stages and the new science of loss**, Simon & Schuster, NY, 2011.

155.937 KUB Kubler-Ross, Elisabeth, **On Grief and Grieving**; Finding the meaning of grief through the 5 stages of loss; NY Scribner, 2005.

+362.28 KUE Kuehn, Eileen, **After Suicide: Living with the Questions**; The haunting question, Why? Healing tools for suicide survivors. Mankato , MN , Life Matters Press, 2001.

+155.937 KUE Kuehn, Eileen, **Death: Coping with the Pain**; What happens to survivors after a death? How we grieve, and the healing, and moving on. Written in a highly readable style. Mankato, MN, Life Matters, 2001.

296.3 KUS Kushner, Harold S., **When Bad Things Happen to Good People**; The acclaimed bestseller that continues to bring spiritual comfort. *Also on audio CD*, Schochen Books, c1981.

155.632 LEE Lee, John, **The Flying Boy: Healing the Wounded Man**; Health Communications, Inc., Deerfield Beach , FL c1989.

155.937 LEV Levine, Stephen, **Unattended Sorrow: Recovering from Loss and Reviving the Heart**; Rodale, Emmaus , PA. 2005.

155.937 LEV Levy, Alexander, **The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of our Parents**; The author shares his own heart-felt experiences of loss and the moving stories of countless adults he has counseled. Harper Collins Publishers, NY, 1999.

155.937 LOG Logelin, Matthew, **Two Kisses for Maddy: A Memoir of Loss & Love**; the first year of Mr. Logelin's life following the birth of his daughter and death of his wife, NY, 2011.

155.937 LOR Lord, Janice H., **No Time for Goodbyes: Coping with Sorrow, Anger and Injustice after a Tragic Death**; Gives hope and useful suggestions to survivors grieving a loved one who was killed. Pathfinder Pub., Ventura CA , 2000.

155.937 MCC McCormack, Jerusha Hull, **Grieving: A Beginner's Guide**; Ms McCormack recognizes that not everyone has the same world-view and that getting through the most difficult times is accomplished only by doing what works for each individual. Paraclete Press, Brewster , Mass. , 2006.

155.937 NEE Neeld, Elizabeth Harper, **Seven Choices: Taking the Steps to New Life After Losing Someone You Love**; C.N. Potter, NY, 1990

155.937 NEE Neeld, Elizabeth Harper, **Tough Transitions: Navigating Your Way Through the Difficult Times**, NY, Warner Books, 2005.

813.54 OAT Oates, Joyce Carol, **A Widow's Story: A Memoir**; Renowned author shares her struggle to comprehend a life absent of her partner. Ecco Press, NY, 2011.

155.937 ORR Orrell, Herb, **Unspeakable: The Truth about Grief**; the author's own personal grief and struggle and the often surprising ways each of us can make peace with our own pain. Houston , TX , Bayou Publ., 2003.

626.994 PAU Pausch, Jai, **Dream New Dreams: Reimagining My Life After Loss**; author shares her own story from being a wife and mother and full time caregiver to becoming a widow and single parent. NY, 2012.

155.937 RAN Rando, Therese A., **Grieving: How to Go on Living When Someone You Love Dies**; Lexington Books, Lexington , Mass, c1988.

155.397 ROB Roberts, Barbara, **Death Without Denial, Grief Without Apology: A Guide for Facing Death and Loss**. New Sage Press, OR, 2002.

158.1 SCH Schnall, Maxine, **What Doesn't Kill You Makes You Stronger: Turning bad breaks into blessings**, Cambridge, MA, Perseus, 2002. .

248.8 SIT Sittser, Gerald, **A Grace Disguised; How the Soul Grows Through Loss**; Grand Rapids , MI , Zondervan, 2004.

155.937 TAY Taylor, Natalie, **Signs of Life: A Memoir**; Broadway Books, NY, 2011.

277.308 TRE Trent, Tammy, **Learning to Breathe Again: Choosing Life and Finding Hope after a Shattering Loss**; Nashville , TN , W Pub., 2004.

155.937 UMB Umberson, Debra, **Death of a Parent: Transition to a New Adult Identity**, Cambridge University Press, 2003.

155.937 VAN Van Praagh, James, **Healing Grief: Reclaiming Life After Any Loss**: Constructive guidance through each step of the grieving process. *Also available on audio DVD*. New York, Dutton, 2000.

305.244 WEA Weaver, Frances, **The Girls with the Grandmother Faces: A celebration of life for those over 55**, ME, Thorndies Press, 1996.

+155.9 WEI Weiss, Stephanie, **Everything You Need to Know about Dealing with Losses**, New York, Rosen Pub., 2000.

155.937 WEL Welshons, John E., **Awakening from Grief: Finding the Way Back to Joy**; Open Heart Publications, HI. 2003.

155.937 WOL Wolfelt, Alan, **Healing Your Grieving Heart: 100 practical ideas**; Compassionate advice and simple activities to help you through your loss. Fort Collins , CO , Companion Press, 2001.

Internet Electronic Resource, Wolfelt, Alan, **Understanding Your Suicide Grief: Ten essential touchstones for finding hope and understanding**, Ft. Collins, CO, 2009.

296.3 WOL Wolpe, David, **Making Loss Matter: Creating Meaning in Difficult Times**; How to find the faith, hope and purpose that help us survive. NY, Riverhead Books, 1999.

306.92 ZEIZeitlin, Steven, **Giving Voice to Sorrow: Personal Responses to Death and Mourning**, NY, Perigee, 2001.

155.937 BEY VIDEO **Beyond Death's Door: help for the grieving process after someone you love has died**; Featuring Dr. Earl Grollman and Dr. Alan Wolfelt, Providing a first hand understanding of the grief process and will give you help for your grief journey. Orleans , MA , Paraclete Video Prod., 2004.