



Books on Grief and Coping

There are many books on grief and loss; here are a few options for adults, children and teens:

For Adults

Grief is a Journey: Finding Your Path Through Loss, Doka, J. Kenneth, PhD (2016) *This book provides information about loss, grief, challenges faced by people coping with loss, coping styles and strategies.*

Understanding Your Grief, Wolfelt, Alan D., PhD (2004) *This book explains the difference between grief and mourning, defines normal feelings and thoughts, and explores every mourner's needs.*

Healing Your Grieving Heart: 100 Practical Ideas, Wolfelt, Alan D., PhD (1998) *This book offers practical ideas for coping with grief and loss.*

How to Go On Living When Someone You Love Dies, Rando, Theresa, PhD (1991) *A guide to help you through the mourning process.*

Lessons of Loss: A Guide to Coping, Neimeyer, A. Robert, PhD (2006) *This author discusses losses, how we react to them and how we can adapt to them.*

I'm Grieving As Fast As I Can: How Young Widows and Widowers Can Cope and Heal, Feinberg, Linda (1994) *A guide for young widows and widowers coping with grief and loss.*

A Grief Observed, Lewis, C.S. (1961) *An autobiographical account of a well-known writer's journey through his grief after his wife's death.*

Can't Stop Crying: Grief and Recovery, a Compassionate Guide, Martin, John D. and Ferris, Frank D., MD (2013) *This book focuses on the importance of giving permission to grieve and offers ways to adjust and rebuild your life.*

Tear Soup: A Recipe for Healing After Loss, Schwiebert, Pat (2006).

For Children and Teens

When Families Grieve (DVD) Sesame Street DVD and a Parent/Caregiver Guide (2014)

Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss, Michaelene Mundy (2010)

How I Feel, a coloring book for grieving children, Alan D. Wolfelt, PhD (1996)

When Dinosaurs Die: A Guide to Understanding Death, Laurie Krasny Brown and Marc Brown (2009)

The Grief Bubble, Helping Kids Explore and Understand Grief, Kerry DeBay (2007)

Healing Your Grieving Heart for Teens, Alan D. Wolfelt, PhD (2001)

Books for Parents and Adults Supporting Grieving Children and Teens

The Memory Box: A Book About Grief, Rowland (2017)

A Child's View of Grief, Alan D. Wolfelt, PhD (2004)

Helping Adolescents Cope With Loss, Kenneth J. Doka, PhD, and Amy Tucci (2014)

Living With Grief: Children and Adolescents, Kenneth J. Doka, PhD, and Amy Tucci (2008)