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 contemporary bereavement book provides information about loss, grief, challenges faced by people coping with loss, coping styles and coping 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 need to acknowledge death and embrace the pain of loss. It also explains factors that make each person’s grief unique.

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

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, Schiebert, 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)


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

For Parents and Adults Supporting Grieving Children and Teens

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


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