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

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.


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.


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.


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)


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)


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)