



BOOKS FOR ADULTS

Tuesdays With Morrie, Mitch Albom

Transitions, William Bridges

Final Gifts, M. Callanan and P. Kelley

Living When a Loved One has Died and What Helped Me
When My Loved One Died, Earl Grollman

Grieving For Dummies: Empowering Advice for Coping
with the Loss of a Loved One, Greg Harvey, PhD

When Bad Things Happen to Good People, Harold S.
Kushner

The Courage to Grieve and You Don't Have to Suffer,
Judy Tatelbaum

Up From Grief: Patterns of Recovery, Kreis and Pattie

How to Survive the Loss of a Love, Colgrove and
Bloomfield

Who Dies? Meetings at the Edge, Stephen Levine

Stepping Stones to Grief Recovery, Debra Routh

Living Through Personal Crisis, J. Stearns

Necessary Losses, Judith Viorst

How to Go On Living When a Loved One Has Died, T.
Rando

Living Through Mourning, Harriet Schiff

Art of Condolence, L. and H. Zunin

All books written by Elizabeth Kubler-Ross

A Grief Observed, C.S. Lewis

Men and Grief, Carol Staudacher

LOSS OF A CHILD

When Your Child is Gone, Learning to Live Again, F.
Toder

The Bereaved Parent, Harriet Schiff

Finding Hope When A Child Dies, Sukie Miller

Climb Toward Understanding, P. Davis

Beyond Endurance: When a Child Dies, R. Knapp

PARENTAL LOSS

Motherless Daughters, Hope Edelman

Losing a Parent, Alexandra Kennedy

Learning to Say Goodbye: When a Parent Dies, Eda
LeShan

When Parents Die: A Guide for Adults, E. Myers

Losing Your Parent, Finding Yourself, Victoria Secunda

LOSS OF A SPOUSE

Suddenly Alone: A Woman's Guide to Widowhood, P.
Gates

Being a Widow, L. Caine *Seven Choices: Taking the*
Steps to New Life After, E.H. Neeld

Losing Someone You Love (Loss of a Spouse) and Starting
Over: Help for Young Widows and Widowers, A.E. Nudel

The Year of Magical Thinking, Joan Didion

Grace and Grit, Ken Wilbur

SUICIDE

Silent Grief: Living in the Wake of Suicide, Lukas and
Seiden

NOVELS

The Love Season, Elin Hilderbrand

Good Grief, Lolly Winston

BOOKS FOR CHILDREN

Annie and the Old One, Miska Miles, Little, Brown and Co., 1971. A Navajo grandmother teaches about the acceptance of death.

The Dead Bird, Margaret Wise Brown, Addison-Wesley, 1938. Children find a suitable burial for a dead bird (Ages 3-8).

The Fall of Freddie the Leaf, Leo Buscaglia, H. Holt and Co., 1982. Death is presented as a natural part of life (Ages 2-8).

How It Feels When a Parent Dies, Jill Kremenetz, Alfred A. Knopf. Children, ages 7-16, talk about their experience with the death of a parent.

Lifetimes: The Beautiful Way to Explain Death to Children, B. Mellonie and R. Ingpen, Bantam Books, 1983. This book is beautifully told and illustrated (Ages 3-10).

My Grandpa Died Today, Joan Fassler, Human Sciences Press, 1983. A Jewish boy and his grandpa talk about death. The story includes a child's perspective of adult grief and death.

My Grandson Lew, Charlotte Zolotow, Harper and Row, 1974. A young boy remembers his grandfather.

Nana Upstairs and Nana Downstairs, Tommy DePaola, Putnam, 1973. A heartwarming story about Tom whose great-grandmother is gone when he goes upstairs to visit her.

No One Can Ever Steal Your Rainbow. Barbara Meislin, Purple Lady Productions, 2005. A girl experiences loss, but finds hope through her own inner strength. Music CD with healing song included.

Part of Me Died, Too, Virginia Lynn Fry, 1995. A group of older children tell their stories of losing family members and friends.

Tell Me Papa, J. and M. Johnson, Center for Thanatology, 1980. A grandparent gives a detailed explanation of what happens when someone dies and the meaning of the funeral.

The Tenth Good Thing About Barney, Judith Viorst, Atheneum, 1973. A child grieves the death of a cat (Ages 4-8).

AIDS

Children and the AIDS Virus, R. Hausherr

Come Sit With Me, D. Merrifield, M.D.

Z's Gift, N. Starkman

FOR ADULTS TALKING TO CHILDREN

Why Did Daddy Die? Helping a Child Cope With the Loss of a Parent, Linda Alderman, PB, 1989. A widow with two small children shares her story and practical advice.

The Grieving Child, Helen Fitzgerald, Simon and Schuster, 1992. A guide for explaining death to children.

Seasons of Grief: Helping Children Grow Through Loss, Donna Gaffney, New American Library, 1989. A family therapist wrote this for parents and educators to help children through the entire mourning period.

Talking About Death: A Dialogue Between Parent and Child, Earl Grollman, Beacon Press, 1970.

When a Friend Dies: A Book for Teens About Grieving and Healing, Marilyn Grotman, Free Spirit Publishing, 1994.

Borrow these and other books on coping with grief and loss from the Vivienne & Alan Fosman Library of Hope at Hospice By The Bay, Larkspur, (415) 927-2273. For more support, information, and readings, contact Hospice By The Bay in Marin, San Francisco, and Sonoma counties.

