



Suggested Reading List

(Recommended by GESG Staff)

Some persons recovering from the loss of a loved one find reading to be helpful. These are books that you may wish to consider. Most are available from your local library.

A Grief Observed – by C. S. Lewis

The renowned author describes his recovery from despair after the loss of his wife. (1961)

A Time to Grieve – by Carol Staudacher

A collection of comforting, down-to-earth thoughts and meditations – including the authentic voices of survivors – for anyone grieving the loss of a loved one (1994)

A Widow's Pilgrimage – by Jean Hersey

Told in 'journal' form by a widow happily married for 50 years, this book records her life and development as she struggles to accept the finality of death and regain her independence. (1979)

Don't Take My Grief Away – by Doug Manning

A practical and consoling guide that begins with the premise that grief is not an enemy, but a friend. (1984)

Final Gifts – by Maggie Callahan and Patricia Kelley

A classic full of richly told stories of intimate experiences with patients at the end of life, filled with practical advice on helping the dying person live fully to the very end. (1997)

Grieving a Suicide – By Albert Y. Hsu

A thoughtful, empathic and practically helpful account of the author's response to the loss of his father by suicide, assisting the reader through the anguish that suicide brings. (2002)

Good Grief – by Granger Westburg

This classic is a quick read outlining nine stages of dealing with grief and loss – both the small and the big losses. (1960)

Healing After Loss – by Martha Whitmore Hickman

Insightful, daily meditations for those grieving a loss. The author acknowledges the deep pain of grief while interjecting a healing and growth perspective. (1994)

How Do We Tell the Children – by Dan Schaefer and Christine Lyons

A step by step guide for helping children (age two to teens) cope when someone dies (1993)

How To Go On Living When Someone You Love Dies – by Theresa A. Rando

In this compassionate and comprehensive guide, the author gently helps the reader find the best way through the painful but necessary process of grieving. (1991)

- I Wasn't Ready To Say Goodbye – by Brook Noel & Pamela D. Blair, Ph.D.
Great resource for all types of losses, especially sudden, unexpected ones (2008)
- I'm Grieving As Fast As I Can – by Linda Sones Feinberg
How young widows and widowers can cope and heal. (1994)
- In Memoriam – by Henri Nouwen
This noted spiritual writer reflects on the death of his mother. It was intended for a small circle of family & friends, but is now being shared with the larger audience. (2005)
- Living Through Mourning – by Harriet Sarnoff Schieff
Finding comfort and hope when a loved one has died – each stage of grief is explained. (1986)
- Living When a Loved One Has Died – By Earl Grollman
Fast, easy reading in poetry form, written by a Jewish Rabbi. It covers all the phases of grief with good advice for getting through each phase. (1977)
- Recovering From the Loss of a Parent – by Katherine Fair Donnelly
Through adult sons and daughters sharing their stories, the author explores the many emotions that arise after a parent dies. (1993)
- Straight Talk About Death for Teenagers – by Earl Grollman
Offers short, easy-to-read chapters dealing with all the usual grief signs/symptoms. It's as insightful for parents as it is for the teens. (1993)
- Survival Handbook for Widows – by Ruth Jean Loweinsohn
Author describes the stages of grief and offers detailed practical advice on finance and estate matters, including exercises for letting go and household hints for living alone. (1984)
- The Bereaved Parent – by H. Schiff
Schiff's tender and upbeat treatment of this painful and sensitive subject makes her book a classic. If you read only one book on grieving, make it this one. (1978)
- The Grieving Time: A Year's Account of Recovery From Loss – by Anne M. Brooks
One woman's feelings for a year following her becoming a widow – not a "how to do it" book but one of feelings, thoughts and fears. (1982)
- Understanding Your Grief – by Alan D. Wolfelt, PhD
Describes 10 touchstones for finding hope, and for healing the heart on the journey through grief (2004)
- When Going to Pieces Holds You Together – by William A. Miller
A look at how the grieving think, act, talk and express feelings; and reflections on how helpful these behaviors are to the healing process (1976)
- Widow – by Lynn Caine
This young widow with two small children "tells it like it is" – a very gut-level, personal narrative offering practical suggestions for coping with a devastating loss (1974)
- Widowed – by Joyce Brothers, Ph.D.
An honest, personal account of Dr. Brothers' own journey through grief after the loss of her husband – very practical and down to earth. (1992)