

Selected Resources on Living with Loss

This resource guide highlights some of the great books that we have in our library collection. The books are categorized by different types of grief. The call number is written beside each book title and author so that you can easily find the book when you come in to the Hospice Northwest Resource Library.

General Resources for Dealing with Loss

The Grief Recovery Handbook: A Step-by-Step Program for Moving Beyond Loss. James, John W. and Frank Cherry. [GRI JAM]

This book presents a step-by-step loss recovery program for dealing with grief and loss. Personal stories throughout the book demonstrate how different people deal with loss and are meant to illustrate that it is possible to recover.

Grieving: How to Go On Living When Someone You Love Dies. Rando, Therese A. [GRI RAN]

Misunderstandings about grief are cleared up so that they do not hinder the grieving process. The message here is that there is no right or wrong way to grieve and suggestions for coming to term with grief are explored.

Healing Grief: Reclaiming Life After Any Loss. Van Praagh, James. [GRI VAN]

Different types of losses are examined and Van Praagh reveals how the sorrow of a loss can lead to opportunities for spiritual growth. Personal stories and inspirational messages shed light on grief and loss.

I Can't Stop Crying: It's So Hard When Someone You Love Dies. Martin, John D. and Frank Ferris.

[GRI MAR]

Grieving is a necessary but painful process. The authors emphasize the importance of allowing grief and suggest steps for rebuilding your life after the loss of a loved one.

Life is Goodbye Life is Hello: Grieving Well through All Kinds of Loss. Bozarth, Alla Renee. [GRI BOZ]

Beginning with a brief exploration about competing societal attitudes towards grief and ending with the art of reconciliation, Bozarth shows the reader how to make grieving an action. By becoming active participants in the healing process grief can be worked through in a healthy way.

Living Through Mourning: Finding Comfort and Hope When a Loved One Has Died. Schiff, Harriet Sarnoff. [GRI SCH]

Complex feelings surrounding the loss of a loved one are explored. Schiff offers a gradual grieving process that includes the need for survivors to share their emotions with others.

Living When a Loved One Has Died. Grollman, Earl A. [GRI GRO]

Grollman gently helps the bereaved confront their grief in order to help work through it and continue living.

Living with Grief after Sudden Loss. Doka, Kenneth J., Ed. [GRI DOK]

Working through grief caused by different types of sudden death, such as suicide, homicide, accidental death, heart attack and stroke are examined. Personal stories and chapters by leading writers on grief and bereavement are shared.

Mourning Has Broken: A Collection of Creative Writing about Grief and Healing. Koven, Mara and Liz Pearl. [GRO KOV]

This anthology features a collection of 50 stories about people healing from the pain of losing a loved one. The stories use a variety of formats including poetry, letter, song, narrative and journal entries and are meant to inspire and assist in the healing process.

The Mourner's Dance: What We Do When People Die. Ashenburg, Katherine. [GRI ASH]

After the death of her daughter's fiancé, Ashenburg started exploring the rituals, acts and customs surrounding death. The value of these customs is shared with the reader in the hopes of providing understanding and comfort.

What Helped Me When My Loved One Died. Grollman, Earl A. [GRI GRO]

Grollman, a counsellor on death and dying, has collected many moving personal stories of persons who have mourned the death of a loved one. Experiences with death are discussed honestly and powerfully.

Helping Friends and Loved Ones with Their Grief

Don't Ask for the Dead Man's Golf Clubs. Kelly, Lynn. [GRI KEL]

This resource is for those that don't know how to help a grieving friend. Many heartfelt suggestions, from people with grief and bereavement experience, on how to comfort friends dealing with loss are provided.

Healing the Grieving Heart: 100 Practical Ideas for Families, Friends & Caregivers. Wolfelt, Alan D. [GRI WOL]

Many people are unsure of what to say when a friend loses someone close to them. This resource offers helpful suggestions and ideas on how to support a friend or loved one dealing with loss.

Losing a Child

The Bereaved Parent. Schiff, Harriet Sarnoff. [GRI SCH]

Written by a bereaved mother for other bereaved parents, Schiff offers comfort, guidelines, and practical suggestions to help cope with the many stages of grief.

Losing a Parent

How to Survive the Loss of a Parent: A Guide for Adults. Akner, Lois F. [GRI AKN]

Therapist Lois Akner uses examples from her group therapy sessions to explore how losing a parent is different from other kinds of loss and shows how it is possible to work through this grief.

A Mother Loss Workbook: Healing Exercises for Daughters. Hambrook, Diane and Gail Eisenberg. [GRI HAM]

This workbook is designed to let daughters share their stories of losing their mothers. Stories of other motherless daughters are included to offer inspiration and give assurance.

Fatherloss: How Sons of All Ages Come to Terms with the Deaths of Their Dads. Chetnik, Neil. [GRI CHE]

Based on an American survey and interviews, *Fatherloss* helps describe how men of varying ages reacted to the deaths of their fathers and the strategies they used to cope with their grief.

Losing a Parent: Practical Help for You and Other Family Members. Marshall, Fiona. [GRI MAR]

Coping with the loss of a parent is explored through a mix of helpful ways to understand grief, personal stories and writing exercises.

Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone. Brooks, Jane. [GRI BRO]

The emotional impact of losing parents during midlife is explored. How to recognize and cope with feelings, issues surrounding financial inheritance and the shifting of roles are all topics Brooks delves into in this insightful book.

Losing a Spouse

Beginnings: A Book for Widows. Wylie, Betty Jane. [GRI WYL]

Comfort for the newly widowed is provided as well as advice on how to learn to be a widow. Topics such as finance, household repairs, loneliness, children, companionship and changing lifestyle are covered.

She Never Said Good-bye: One Man's Journey through Loss. Dykstra, Robert. [GRI DYK]

When Reverend Robert Dykstra's wife took her own life he struggled to deal with her sudden death. This book evolved out of the journals Dykstra kept in order to help in working through his pain and grief.

The Widowed Self: The Older Woman's Journey through Widowhood. Van den Hoonaard, Deborah Kestin. [GRI VAN]

Interviews with older widows form the premise of this book. Issues that widows face are explored and each chapter contains personal stories from widowed women to highlight individual experiences of each issue.

When Things Get Back to Normal. Dohaney, M.T. [GRI DOH]

This is a published journal of the author's first year as a widow. It sheds light on the social aspects of widowhood and gives a personal account of how Dohaney grieved for the loss of her husband.

Workbooks

Grief's Courageous Journey. Caplan, Sandi and Gordon Lang. [GRI CAP]

This book helps those grieving to work through their feelings about their loss through writing exercises and suggestions on how to create healing personal rituals. Techniques for remembering the past, redefining the present and re-creating the future are taught.

The Healing Journey: Your Journal of Self-Discovery. Rich, Paul and Stuart A. Copans. [GRI RIC]

This workbook contains forty exercises to help the reader gain insight into grief and tools to improve emotional and physical well-being. It is intended that the reader will get to know themselves during the journaling process and work through difficult life experiences.

The Infinite Thread: Healing Relationships beyond Loss. Kennedy, Alexandra. [GRI KEN]

Exercises are presented to help those grieving maintain a sense of connection with the loved one that they have lost. This is achieved through using imagination, letters and inner dialogue.