



Books To Advance Our Understanding of Grief & Loss

Books Recommended for Loss

“Healing Your Grieving Heart: 100 Practical Ideas (Healing Your Grieving Heart series)” by Alan D. Wolfelt

“On Grief and Grieving” by Elisabeth Kubler-Ross

“How to Go on Living When Someone You Love Dies,” by Therese A. Rando

“Man’s Search for Meaning” by Viktor Frankl

Books Written by An Author Who Has Lost a Child

“Lament for a Son” by Nicholas Wolterstorff

“Man’s Search for Meaning” by Viktor Frankl

“When Bad Things Happen to Good People” by Rabbi Harold Kushner

“The Worst Loss: How Families Heal from the Death of a Child” by Barbara D. Rosof

“Surviving the Loss of a Child: Support for Grieving Parents” by Elizabeth B. Brown

Books Written by Someone Who Has Lost a Spouse

“Option B: Facing Adversity, Building Resilience, and Finding Joy” by Sheryl Sandberg

“The Shack” by WM Paul Young

“Grieving: A Beginners Guide,” by Jerusha Hull McCormack

“The Year of Magical Thinking” Joan Didion



Books for Loss of a Sibling

“Surviving the Death of a Sibling” by T.J.Wray

“Letters to Sara: The Agony of Adult Sibling Loss” by Anne McCurry

“Recovering From the Loss of a Sibling” by Katherine Fair Donnelly

“The Beginner’s Goodbye: A Novel” by Anne Tyler

Books for Loss of a Parent

“Wild: From Lost to Found on the Pacific Crest Trail,” by Cheryl Strayed

“Swimming in a Sea of Death: A Son’s Memoir” by David Rieff

“Can’t We Talk about Something More Pleasant?” by Roz Chast

“The Orphaned Adult: Understanding and Coping With Grief And Change After The Death Of Our Parents” by Alexander Levy

“She Loved Me, She Loved Me Not: Adult Parent Loss After A Conflicted Relationship” by L. J. Converse

“Fatherloss: How Sons of All Ages Come to Terms With the Deaths of Their Dads,” Neil Chethik