Office of Decedent Affairs

Grief Resources – Reading List for the death of an adult

For adult readers:

- *After the Darkest Hour the Sun Will Shine Again*, by Elizabeth Mehren
- *A Decembered Grief: Living with Loss While Others are Celebrating*, by Harold Ivan Smith
- *Guiding Your Child Through Grief*, by James Emswiler and Mary Ann Emswiler
- *The Year of Magical Thinking*, Joan Didion
- *Silent Grief: Living in the Wake of Suicide (Revised Edition)*, Christopher Lukas and Henry M. Seiden
- *Resilient Grieving: Finding Strength and Embracing Life After a Loss That Changes Everything*, Lucy Hone, Ph.D.
- *I Wasn’t Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One*, Brook Noel and Pamela D. Blair, Ph.D.
- *Being Mortal*, Atul Gawande
- *When Breath Becomes Air*, Paul Kalnithi
- *Option B: Facing Adversity, Building Resilience, and Finding Joy*, Sheryl Sandberg and Adam Gran
- *The Grief Club: The Secret to Getting Through All Kinds of Change*, Melody Beattie
- *No Time for Goodbyes*, Janice Harris Lord
- *How to Go On Living When Someone You Love Dies*, Therese A. Rando
- *It’s OK That You’re Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*, Megan Devine
- *Healing After Loss*, by Martha Whitmore Hickman
- *Holiday Hope: Remembering Loved Ones During Special Times of the Year*, by Fairview Press
- *Knowing Jesse: A Mother's Story of Grief, Grace and Everyday Bliss*, by Marianne Leone
- *Lessons in Loss and Living: Hope and Guidance for Confronting Serious Illness and Grief*, by Michele A. Reiss, PhD
- *On Children and Death: How Children and Their Parents Can and Do Cope with Death*, by Elisabeth Kubler-Ross
- *The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss*, by George A. Bonanno
- *Talking About Death, A Dialog Between Parent and Child*, by Earl A. Grollman
- *Teenagers Face to Face with Bereavement*, by Karen Gravelle and Charles Haskins
- *When We Must Say Farewell*, by Karl E. Jennings

For children readers:

**Universal Loss:**

- *The Goodbye Book* by Todd Parr
- *Always and Forever* by Alan Durant
- *I Miss You: A First Look at Death* by Pat Thomas
- *Ida, Always* by Caron Levis
- *Someone I Love Died* by Christine Harder Tangvald
- *Wherever You Are: My Love Will Find You* by Nancy Tillman
- *What’s Heaven* by Maria Shriver
- *Healing Your Grieving Heart for Kids 100 Practical Ideas* by Alan D. Wolfelt Ph.D.
- *Sad Isn’t Bad: A Good-Grief Guidebook for Kids Dealing with Loss* by Michaelene Mundy
- *What on Earth Do You Do When Some Dies* by Trevor Romain
- *Gentle Willow* by Joyce C. Mills
- *Teenagers Face to Face with Bereavement* by Karen Gravelle and Charles Haskins
- *Healing Your Grieving Heart for Teens: 100 Practical Ideas* by Alan Wolfelt
- *Aarvy Aardvark Finds Hope* by Donna O’Toole
- *Lifetimes--The Beautiful Way to Explain Death to Children* by Bryan Mellonie and Robert Ingpen

**Universal Loss Activity Books:**
- *Muddles, Puddles, and Sunshine: Your Activity Book to Help When Someone Has Died (Early Years)* by Diana Crossley
- *When Someone Very Special Dies: Children Can Learn to Cope With Grief* by Marge Heegaard
- *Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies* by Janis Silverman
- *Healing Your Grieving Heart JOURNAL for Teens* by Alan Wolfelt, Ph.D. and Megan E. Wolfelt
- *Help Me Say Goodbye* by Janice Silverman

**Loss of Parent:**

- *Cinnamon Roll Sunday, A Child’s Story of Anticipatory Grief* by Jennifer Allen
- *Daddy’s Promise* by Cindy Klein Cohen and John Henney
- *Everett Anderson’s Goodbye* by Lucille Clifton
- *Samantha Jane’s Missing Smile* by Julie Kaplow and Donna Pincus
- *Geranium Morning* by E. Sandy Powell

**Loss of Grandparent:**

- *Annie & the Old One* by Miska Miles

**Traumatic Loss:**

- *When Dinosaurs Die* by Laurie Krasny and Marc Brown