

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
- [*Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers*](#), by Alan D. Wolfelt
- [*Modern Loss: Candid Conversation About Grief. Beginners Welcome.*](#) Gabrielle Birkner and Rebecca Soffer
- [*The Year of Magical Thinking.*](#) Joan Didion
- [*Grieving: A Beginners Guide.*](#) Jerusha Hull McCormack
- [*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 Grant
- [*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
- [*The Grief Recovery Handbook, The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith.*](#) John James
- [*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