



Princess Alice
Hospice

Books on grief and bereavement

A guide for carers and families



Books on grief and bereavement

A collection of books that may be helpful

When a friend or family member dies, you may not feel ready to talk to anyone about what you're feeling. Reading about death and grief, whether real or fictional, can help people make better sense of grief and bereavement. The following leaflet provides a collection of books that may be helpful.

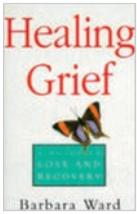
We have divided the books into the following sections:

Grief and bereavement	1
Losing a partner	4
Widowed young	5
Losing a same-sex partner	6
Losing a parent	7
Losing a sibling	7
Losing a child	8
Young adults and teenagers	9
Bereavement poems - anthologies	9

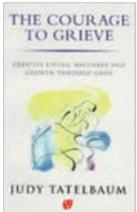
Visit www.amazon.co.uk to find more information on the books suggested over the following pages. You can often get cheaper prices by selecting Amazon's "Used" option and looking through the second-hand books. 'The publisher and year of publication are provided in brackets where available'.

If you can suggest other helpful books that are not currently on the list, please do email the details to the Hospice Librarian at celiadicicco@pah.co.uk or call **01372 461843**.

Grief and bereavement



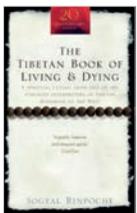
Healing Grief
A positive, self-help approach to loss, grieving and bereavement by **Barbara Ward**. (Vermillion, 1993).



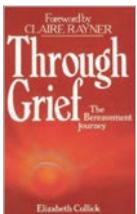
The Courage to Grieve
Experienced therapist **Judy Tatalbaum** writes simply and with understanding about many aspects of grief, including complex situations such as delayed grieving. (Cedar Books, 1993).



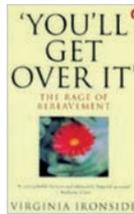
The Early Days of Grieving
Derek Nuttall speaks simply and directly to bereaved people, offering support, explanation and information. (Darton, Longman & Todd, 2006).



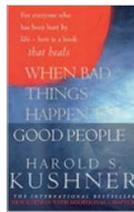
The Tibetan Book of Living and Dying
A classic of wisdom and enlightenment from a buddhist tradition, by a Tibetan writer and teacher who also understands the West. (Rider, 2008).



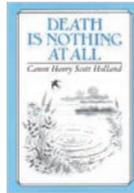
Through Grief
A popular book by **Elizabeth Collick** about the pattern of grief and recovery. Helpful for those experiencing deep grief. (Darton, Longman & Todd, 1986).



You'll Get Over It: The Rage of Bereavement
The well-known journalist and agony aunt **Virginia Ironside** writes about her own and others' experience of bereavement. (Penguin, 1997).



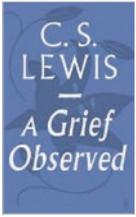
When Bad Things Happen to Good People
A wise book on suffering written by Rabbi **Harold Kushner**. (Pan, 2002).



Death is Nothing at all: '...I have only slipped away into the next room...'
The well-known words of comfort by **Canon Henry Scott Holland** presented as a small, illustrated book. (Souvenir Press, 1987).



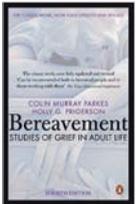
The Grief Book
by **Debbie Moore** and **Caroline Cowperthwaite**, is a workbook aimed at helping you work through your own grief process. (CreateSpace, 2012.).



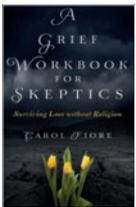
A Grief Observed by **C.S. Lewis**, is a very personal and clearly written account of the author's loss following the death of his wife. You may find this book particularly helpful if you have spiritual beliefs. (Faber & Faber, 2013).



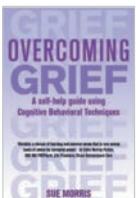
Dying to Know by **Andrew Anastasios**, provides illustrated ideas and advice for those who've lost a friend or family member. The book was written after many conversations with doctors, people with life-limiting illness, the funeral industry and religious leaders. (Hardie Grant Books, 2010).



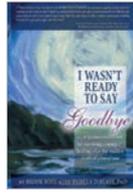
Bereavement: Studies of Grief in Adult Life by **Collin Murray Parkes**, was written for professionals as well as people who've recently lost a friend or family member. (Penguin, 2010, 4th edition).



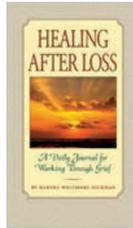
A Grief Workbook for Skeptics: Surviving Loss Without Religion by **Carol Fiore**, charts a way through grief for those without religion. (Flying Kea Press, 2014).



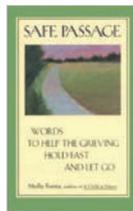
Overcoming Grief A CBT self-help book by **Sue Morris** with practical strategies to help you cope with your grief. (Robinson, 2008).



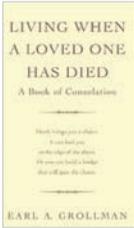
I Wasn't Ready to Say Goodbye: Surviving, Coping & Healing after the Sudden Death of a Loved One by **Brook Noel** and **Pamela D Blair**. The authors have been there themselves and offer practical exercises for working through the mourning process. Especially helpful for those during the first weeks after a sudden tragic loss. (Sourcebooks, 2008).



Healing After Loss: Daily Meditations for Working Through Grief by **Martha Whitmore Hickman**. The author wrote this book after the death of her 16 year old daughter in a riding accident. It provides "tiny shafts of light in the darkness". (Peter Pauper Press, 2012).



Safe Passage: Words to Help the Grieving Hold Fast and Let Go by **Molly Fumia**. The author wrote this book as she belatedly mourned the loss of her son to help hold onto the memory of him while passing through anger, confusion, guilt and loneliness. Recommended for later on in the grieving process. (Conari Press, 1993).



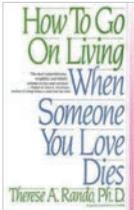
Living When a Loved One Has Died

by **Earl Grollman**, is a gentle, poetic journey through grief. Recommended for the later stages of grief, not the first few weeks. (Souvenir Press, 2014).



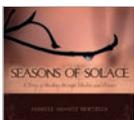
To Begin Again

by Rabbi **Naomi Levy**. A compassionate understanding of grief that is useful for those of any spiritual belief. Levy realises that the question after a personal tragedy should not be, “Why did this happen?” but rather, “How can I go on?”. (Thorsons, 1999).



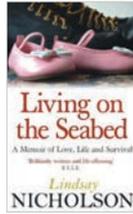
How to go on Living When Someone You Love Dies

by **Therese Rando**. This easy and practical read helps you understand the grieving process and find comfort from learning you are “normal” in your grief. This self-help book provides specific coping strategies for different situations. (Bantam Doubleday Dell, 1991).



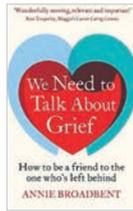
Seasons of Solace: A Story of Healing Through Photos and Poems

by **Janelle Shantz Hertzler**. Janelle lost her husband John to a drunk driver in Thailand. Her journey is told through poems and photographs. (Synergy, 2010).



Living on the Seabed: A Memoir of Love, Life and Survival

by **Lindsay Nicholson**, is a brutally honest reflection of one woman's grief and the struggle to come to terms with the loss of her husband and daughter. (Vermilion, 2006).



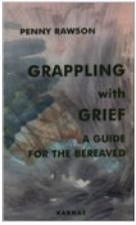
We Need to Talk about Grief

by **Annie Broadbent**, describes grief as an unavoidable part of life and that we will all be called upon at some point to help a friend or loved one cope with the death of someone they love. This book will help you do that. (Piatkus, 2014).



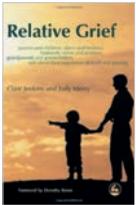
Just Me

by **Sheila Hancock**, is a book about moving on, but it is also about looking back, and looking anew; A reflection on the new life the author established, following the death of her husband, John Thaw. (Bloomsbury, 2009).



Relative Grief

by **Clare Jenkins**, Judy Merry and Dorothy Rowe, is a compilation of short reflections by many people on the death of someone close to them. They are themed by the relationship the writer had with the deceased – mothers, fathers, daughters, sons, sisters, brothers, wives, husbands, partners, grandparents, grandchildren and friends. (Jessica Kingsley, 2005).



Grappling with Grief

by **Penny Rawson** is written to assist any adult dealing with great loss, especially the death of someone close to them. It is based on the author's personal experience as well as on her work as a psychotherapist. (Karnac Books, 2004).



All in the End is Harvest

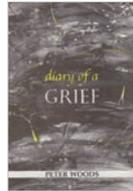
by **Agnes Whitaker**, pulls on the expertise of the whole Cruse Bereavement Care organisation to provide extracts of prose and poetry known to have been of help to bereaved people. (Darton, Longman & Todd, 1984).

Losing a partner



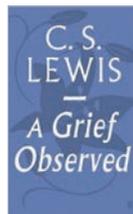
Coping with your Partner's Death: Your Bereavement

by **Geoff Billings**, is a broadly practical approach to being bereaved of a partner. (Sheldon Press, 2008).



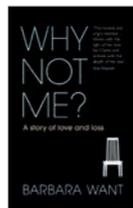
Diary of a Grief

Peter Woods' wife died after 53 years of marriage and his diary over the next three years traces his experience of grieving. It was a journey which often felt like taking one step forward and two steps backwards, but one in which he gradually moves forward. (William Sessions, 1998).



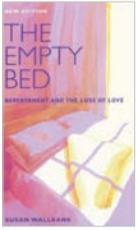
A Grief Observed

by **C.S. Lewis**, is a very personal and clearly written account of the author's loss following the death of his wife. You may find this book particularly helpful if you have spiritual beliefs. (Faber & Faber, 2013).



Why Not Me? A Story of Love and Loss

by **Barbara Want**, is a memoir of grief recounting the death from cancer of Nick Clarke, much-loved BBC radio presenter, from his widow Barbara's point of view. (W&N, 2011).



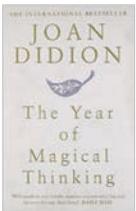
The Empty Bed: Bereavement and the loss of love

by **Susan Wallbank**, looks at the loss of a sexual partner, at whatever age this may happen, and includes open discussion of the effects of loss of physical intimacy. (Darton, Longman & Todd, 2010).



The Presence

Several months after the death of poet **Dannie Abse's** wife in a car accident, he began to write a diary which is both a record of present grief and a portrait of a marriage that lasted more than fifty years. (Vintage, 2008).



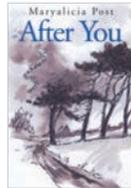
The Year of Magical Thinking

by **Joan Didion** - One night, the author and her husband were just sitting down to dinner when John suffered a massive and fatal coronary heart attack. In a second, a partnership of 40 years was over, as was "any fixed idea I ever had about death, about illness ... about marriage and children and memory". (Harper Perennial, 2006).



A Widow's Story

describes **Joyce Carol Oates'** struggle to comprehend a life absent of the partnership that had sustained and defined her for nearly half a century. (Fourth Estate, 2012).



After You

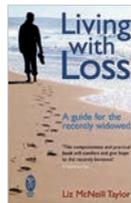
by **Maryalicia Post**, is a diary of the first year after the author lost her husband. (Souvenir Press, 2007).

Widowed young



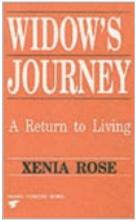
Death and How to Survive It

by **Kate Boydell**. Kate Boydell was widowed at the age of 33. In this practical and often humorous guide, the author draws on her own experience of bereavement to offer frank advice on coping with every aspect of the grieving process. (Vermilion, 2005).



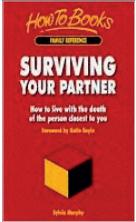
Living With Loss

by **Liz Taylor**. Liz McNeill Taylor discusses, with painful honesty, the problems surrounding a suddenly bereaved woman and her strong conflicting reactions to the tragedy. (Right Way, 2009).



Widow's Journey

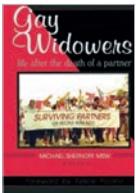
by **Xenia Rose**. A personal story of grief written from the emotional perspective of a grieving widow who is also a practising psychotherapist. (Souvenir Press, 1992).



Surviving Your Partner

by **Sylvia Murphy** – Not only is there bereavement to face, but also coming to terms with being single again. This book aims to give ideas rather than advice on the associated problems, from emotional shock to financial and household management. (How To Books, 1998).

Losing a same-sex partner



Gay Widowers: Life After the Death of a Partner

by **Michael Shernof**. Men of different ages and ethnic, religious, geographic, and economic backgrounds join together in this book to remind other gay widowers that they are not alone and that their feelings of pain, anger, and emptiness are normal and legitimate. (Routledge, 1997).



Lesbian Widows: Invisible Grief

by **Victoria Whipple**, reveals the touching and very personal stories of 25 women, including the author, who were widowed at a young age and forced to create a new life without their life partners. (Routledge, 2006).



Partnered Grief: When Gay and Lesbian Partners Grieve

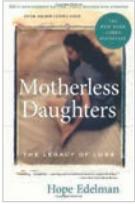
by **Harold Ivan Smith**, Joy Johnson, Janet Sieff. (Centering Corporation, 2008).



The Loss of a Life Partner: Narratives of the Bereaved

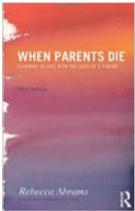
by **Carolyn Ambler Walter**. This text integrates the literature about and the bereavement experiences of partners in varying types of relationships, including gay men and lesbians. (Columbia University Press, 2003).

Losing a parent



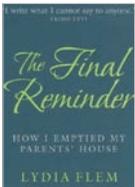
Motherless Daughters: The Legacy of Loss

by **Hope Edelman**. Although a mother's mortality is inevitable, no book had discussed the profound, lasting, and far-reaching effects of this loss until "Motherless Daughters," which became an instant classic. (Da Capo Lifelong Books; 2014).



When Parents Die

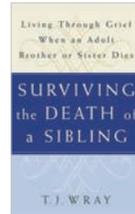
by **Rebecca Abrams**, is written for young people grieving for a parent. The author was a Cambridge student whose father died when she was 18 and she offers support based on her personal experience and that of other bereaved young people. (Routledge, 2012).



Final Reminder: How I Emptied My Parents' House

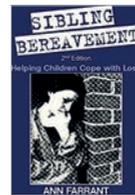
by **Lydia Flem**. Described as "taboo-breaking", the author covers, from personal experience, the range of emotions experienced in bereavement. (Souvenir Press, 2006).

Losing a sibling



Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies

by **TJ Wray**. Based on the author's own experiences as well as those of people she has contacted through her website (AdultSiblingGrief.com), "Surviving the Death of a Sibling" shows adults who have lost a sibling that they are not alone in their struggle. (Three Rivers Press (CA); 2003).



Sibling Bereavement: Helping Children Cope with Loss

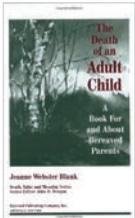
by **Ann Farrant**. Written from personal experience, the book also has case histories and commentaries intended to help parents understand their own and their children's reactions. Potentially also useful for adults still grieving the death of a sibling in childhood. (Continuum International Publishing, 1998).



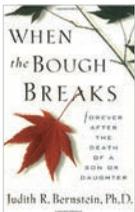
The Lone Twin. Understanding Twin Bereavement

by **Joan Woodward**. The author is a psychotherapist who is herself a bereaved twin. She discusses bereavement of twins at different ages throughout their lifespan. (Free Association Books, 2009).

Losing a child



The Death of an Adult Child
by **JW Blank**, is based on the author's personal experience as well as the experiences of over 60 respondents to a letter and questionnaire. (Baywood Publishing, 1998).



When the Bough Breaks: Forever after the Death of a Son or Daughter
Judith R. Bernstein, a psychologist and a bereaved parent, whose adult son died of cancer, does not talk about recovery – she doesn't believe in it – but uses her own experience and that of fifty other bereaved parents to guide the reader through their grief. (Andrews McMeel Publishing; 1998).



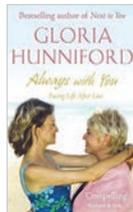
The Bereaved Parent

by **HS Schiff**, is a book providing practical advice to those who have lost a child. Schiff, who lost a child herself, treads sensitively and compassionately through the painful process of bereavement and grief (Souvenir Press, 1979).



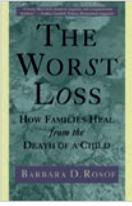
Lament for a Son

by **Nicholas Wolsterstorff**. The book avoids easy answers about suffering. Its honest depiction of one man's struggle will help open the floodgates for those who cannot find words for their own pain. (William B Eerdmans Publishing, 1996).



Always With You

by **Gloria Hunniford**. On 13 April 2004, Gloria Hunniford's 41 year old daughter, Caron Keating, died after a secret seven year battle with cancer. It is a story of how Gloria and her family survived Caron's death. (Hodder & Stoughton, 2009).



The Worst Loss

by **Barbara Rosof**. The death of a child is a loss like no other. The book tries to answer key questions: How do families survive this worst loss? What helps people heal? What have families and clinicians learned that will help others through their loss and enable them to rebuild their lives? (Owl Books (NY), 1995).

Young adults and teenagers



Facing Grief: Bereavement and the Young Adult

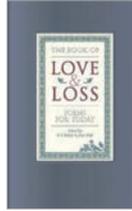
by **Susan Wallbank**. A guide intended for young adults (18-28) which discusses the effects of bereavement and coping with emotions caused by the loss of a loved one. Also offers advice on how to handle practical matters from funeral arrangements to the legal complexities of a will. (Lutterworth Press, 1991).



Something I've Never Felt Before: How Teenagers Cope With Grief

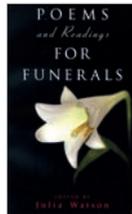
by **Doris Zagdanski**. In this book the author speaks with young people between the ages of 12 and 21 about death and grief. (Michelle Anderson Publishing, 1994).

Bereavement poems – anthologies



The Book of Love and Loss

edited by **June Hall** and **RV Bailey**. A collection of nearly 400 poems from 197 contemporary poets offering a fresh approach to this universal theme. All profits from the book will be donated to research into Parkinson's Disease. (Belgrave Press, 2014).



Poems and Readings for Funerals

is a collection of 70 poems and prose extracts suitable for reading at funerals and celebrations of a life. (Penguin; 2004).



Give sorrow words: Poems of Consolation

by **Janice Carleton**. A collection of 50 poems offering consolation and condolence in bereavement. (Goldney Books, 2004).