



Suggested Reading for Adults from the Grief Counseling Center

General – Understanding Grief

A Time to Grieve: Meditations for Healing After the Death of a Loved One, Carol Staudacher
Good Grief, Granger Westberg
Healing after Loss: Daily Meditations for Working Through Grief, Martha Whitmore Hickman
How to Go on Living When Someone You Love Dies, Therese Rando, Ph.D.
How to Survive the Loss of a Love, Melba Cosgrove, Harold Bloomfield and Peter McWilliams
The Courage to Grieve, Judy Tatelbaum
The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce and Other Losses, John W. James and Russell Friedman
Understanding Grief: Helping Yourself Heal, Alan Wolfelt, Ph.D.
When Bad Things Happen to Good People, Harold Kushner

Death of Parent

Fatherloss, N. Chethik
Motherless Daughters: The Legacy of Loss, Hope Edelman
When Parents Die: Learning to Live with the Loss of a Parent, Rebecca Abrams

Death of Spouse/Partner

Being a Widow, Lynn Caine
Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies, Alan Wolfelt, Ph.D.
The Year of Magical Thinking, Joan Didion
Widow to Widow, Genevieve Davis Ginsburg
Widowed, Joyce Brothers, Ph.D.

Death of Child

Beyond Tears: Living After Losing a Child, Ellen Mitchell, Carol Barkin, Audrey Cohen, Lorenza Colletti, Barbara Eisenberg, Barbara Goldstein, Madeline Perri Kasden, Phyllis Levine, Ariella Long, Rita Volpe
Parental Loss of a Child, Therese Rando, Ph.D.
The Bereaved Parent, Harriet Sarnoff Schiff

Sudden/Traumatic Loss

After Suicide, John H. Hewett
Living With Grief After Sudden Loss: Suicide, Homicide, Accident, Heart Attack, Stroke, Kenneth J. Doka, Ph.D., ed.
No Time for Goodbyes: Coping with Sorrow, Anger and Injustice After a Tragic Death, Janice Harris Lord
No Time to Say Goodbye: Surviving the Suicide of a Loved One, Carla Fine
Standing in the Shadow of Suicide: Help and Encouragement for Suicide Survivors, June Cerza Kolf