

BOOKS FOR YOUNG ADULTS WHO ARE GRIEVING A DEATH

<u>TITLE</u>	<u>AUTHOR</u>
<u>BEYOND GRIEF: A GUIDE FOR RECOVERING FROM THE DEATH OF A LOVED ONE*</u>	Carol Staudacher
This book addresses the grief experience by talking about feelings, recognizing how loss affects us based on who has died and how they have died and how and when to seek help.	
<u>THE COURAGE TO GRIEVE*</u>	Judy Tatelbaum
This book offers comfort and inspiration and it looks at grief and all of the intense and unexpected emotions that are experienced following the death of a loved one.	
<u>FACING GRIEF: BEREAVEMENT & THE YOUNG ADULT</u>	Susan Wallbank
This book frankly discusses the effects of bereavement on young adults.	
<u>GOOD GRIEF</u>	Granger E. Westberg
This book describes what happens to us whenever we lose someone or something important.	
<u>HOW TO GO ON LIVING WHEN SOMEONE YOU LOVE DIES*</u>	Therese A. Rando, PhD
A comprehensive guide in which the author leads you through the process of grieving and helps you find the best way for you.	
<u>HOW TO SURVIVE THE LOSS OF A PARENT: A GUIDE FOR ADULTS</u>	Lois F. Akner
The author explains why the loss of a parent is different from other losses and how to work through grief.	
<u>IN THE UNLIKELY EVENT OF A WATER LANDING: A GEOGRAPHY OF GRIEF*</u>	Christopher Noel
The author offers a deep, personal account of grief, loss and healing as he describes the death of his fiancée and how he comes to terms with the tragedy.	
<u>LIVING THROUGH MOURNING: FINDING COMFORT AND HOPE WHEN A LOVED HAS DIED</u>	Harriet Sarnoff Schiff
The author writes about feelings of isolation, fear, anger and loss that are commonly felt when a loved one dies.	
<u>LIVING WHEN A LOVED ONE HAS DIED*</u>	Earl Grollman
The author explains what emotions to expect when grieving, what to avoid and how to work through feelings of loss.	
<u>LOSING A PARENT: PASSAGE TO A NEW WAY OF LIVING*</u>	Alexandra Kennedy
The author shares her own story of facing the loss of a parent and offers helpful strategies for healing.	
<u>THE LOSS THAT IS FOREVER: THE LIFELONG IMPACT OF THE EARLY DEATH OF A MOTHER OR FATHER*</u>	Maxine Harris
For anyone who has experienced the early death of a parent, this book is an important guide to discovery and understanding. Also discusses relationship with surviving parent, intimate relationships and one's own mortality.	
<u>MOTHERLESS DAUGHTERS*</u>	Hope Edelman
Highly recommended. This book explores the impact of the loss of one's mother on women of all ages.	
<u>NO TIME FOR GOODBYES: COPING WITH SORROW, ANGER AND INJUSTICE AFTER A TRAGIC DEATH*</u>	Janice Harris Lord
This book is dedicated to the unique grief suffered by families and friends of those killed suddenly and violently.	

THE ORPHANED ADULT: UNDERSTANDING AND COPING WITH GRIEF AND CHANGE AFTER THE DEATH OF OUR PARENTS*

Alexander Levy

A wise and moving look at the most profoundly life-changing passage of all: losing our parents.

THE PATH THROUGH GRIEF: A COMPASSIONATE GUIDE

Marguerite G. Bouvard

This book explains the various stages of grief, how we can help others, and ourselves and how *in time*, we will heal.

RECOVERING FROM THE LOSS OF A SIBLING

Katherine F. Donnelly

This book addresses the questions, fears and feelings of surviving siblings of all ages.

WHEN PARENTS DIE: A GUIDE FOR ADULTS*

Edward Myers

A practical guide for coping with the loss of a parent at any age. Includes advice from therapists, practices for self-help groups and first-person accounts.

WHEN BAD THINGS HAPPEN TO GOOD PEOPLE*

Harold S. Kushner

“Wise and compassionate advice on how to cope with tragedy, what to do about anger and how to keep from feeling guilty.” *Ingram editorial review*

*Indicates item is available in the Fernside Resource Center. Materials may be borrowed. Please call for information.