Resource Book List

The following is a list of books about general grief and bereavement. This is not an exhaustive list, and it is not a list of books specific to the kind of loss you have endured.

We encourage you to contact us if you are interested in a specific topic or want resources for children and teens. Most of these books are written for adults and can be found at your local library and most bookstores. They also can be found at www.amazon.com, www.nhpco.org/marketplace and www.centering.org.

- A Grief Guide and Healing Workbook, Paul Alexander
- Heart of Grief, Thomas Attig
- How We Grieve, Thomas Attig
- Guide for the Bereaved Survivor, Robert Baugher and Marc Caliia
- The Crying Handbook, Bob Baugher
- Remembering You, Mick Blackstone
- After the Darkest Hour: How Suffering Begins the Journey to Wisdom, Kathleen A. Brehony
- This Thing Called Grief, Thomas Ellis
- Your Personal Journey Through Grief, Helen Fitzgerald
- Living When a Loved One Has Died, Earl Grollman
- Healing After Loss, Martha Hickman
- Writing to Recover Book, Harriet Hodgson
- Writing to Recover Journal, Harriet Hodgson
- Passed On: African American Mourning Stories, Karla F.C. Holloway
- Grieving With Hope, Susan Holtkamp
- Don’t Take My Grief Away From Me, Doug Manning
- Lessons of Loss, Robert A. Neimeyer
- The Infinite Thread: Healing Relationships Beyond Loss, Alexandra Kennedy and John O’Donohue
- More Than Surviving, Kelly Osmont
- Transcending Loss, Ashley Prend
- How to Go On Living When Someone You Love Dies, Therese Rando
- If I Could Just See Hope, Darcie Sims
- ABCs of Healthy Grieving, Harold Ivan Smith
- Grievers Ask, Harold Ivan Smith
- Kindnesses: A Journey Through Seasons of Grief - Poems, Prayers and Joyous Observations, Terry Walton
- Rainbows and Rain, Peggy Waterfall
- Healing Your Grieving Heart, Alan Wolfelt
- Understanding Your Grief, Alan Wolfelt
- Question for Quiet Times, Dillon Woods