

Grief Literature Resources*

The Bob & Merle Scolnik
HEALING CENTER

HARBOR
HOSPICE

Child Loss

- ♦ Shattered by Gary Roe
- ♦ The Unspeakable Loss: How Do You Live After a Child Dies? by Nisha Zenoff

General Grief

- ♦ Finding Meaning: The Sixth Stage of Grief by David Kessler
- ♦ Grief One Day at a Time: 365 Meditations to Help You Heal After Loss by Alan Wolfelt, PhD
- ♦ It's Okay Not to Be Okay by Megan DeVine
- ♦ The Mourners Book of Hope by Alan Wolfelt, PhD
- ♦ Too Much Loss: Coping with Grief Overload by Alan Wolfelt, PhD

Holidays

- ♦ Grieving the Holidays Without You by Gary Roe
- ♦ Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season by Alan Wolfelt
- ♦ Surviving the Holidays While Grieving by Janet K Johnson

Journaling

- ♦ Grieving the Write Way by Gary Roe
- ♦ How to Carry What Can't Be Fixed: A Journal for Grief by Megan Devine

Sibling Loss

- ♦ Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or
- ♦ Sister Dies by TJ Wray
- ♦ Grieving the Write Way for Siblings by Gary Roe

Spousal Loss

- ♦ Getting to the Other Side of Grief by Susan J Zonnebelt-Smeenge & Robert C DeVries
- ♦ When Your Soulmate Dies: A Guide to Healing Through Heroic Mourning by Alan Wolfelt, PhD
- ♦ Widowed Walk by Gary Roe

Children's books

- ♦ Fall of Freddie the Leaf: a Story of Life for All Ages by Leo Buscaglia
- ♦ Grief is a Mess by Jackie Schuld
- ♦ I'll Always Love You by Hans Wilhelm (pet death – natural causes)
- ♦ The Invisible String by Patrice Karst and Joanne Lew-Vriethoff
- ♦ One wave at a time: a story about grief and healing by Holly Thompson
- ♦ Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss by Michaelene Mundy
- ♦ Something Very Sad Happened: A Toddler's Guide to Understanding Death by Bonnie Zucker
- ♦ When Someone Dies: A Children's Mindful How-To Guide on Grief & Loss by Andrea Dorn
- ♦ Why do I Feel Sad? A grief book for children by Tracy Lambert-Prater LPC
- ♦ My Big, Dumb, Invisible Dragon by Angie Lucas

*Many of these books can be found on your local library's website, Amazon, or can be borrowed from the Scolnik Healing Center.

You are not alone

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