

A List of Adult Books Dealing With Death and Grieving

Your local library or bookstore should have a section of books dedicated in dealing with death and grieving. You can also purchase these books online:

- [*Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*](#) by Alan Wolfelt, Ph.D. Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have.
- [*Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies: Compassionate Advice and Simple Activities for Widows and Widowers*](#) by Alan Wolfelt, Ph.D. Helping widows and widowers learn how to cope with the grief of losing their helpmate, their lover, and perhaps their financial provider, this guide shows them how to find continued meaning in life when doing so seems difficult. Bereaved spouses will find advice on when and how to dispose of their mate's belongings, dealing with their children, and redefining their role with friends and family.
- [*Understanding Your Grief Journal: Exploring the Ten Essential Touchstones*](#) by Alan Wolfelt, Ph.D. This companion workbook to *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart* is designed to help mourners explore the many facets of their unique grief through journaling. Ten essential touchstones for mourners are covered, including being open to the presence of loss, dispelling misconceptions about grief, embracing the uniqueness of grief, seeking reconciliation, and reaching out for help. Journalers are asked specific questions about their feelings of grief as they relate to the ten essential touchstones and are provided with writing space for their reflections.
- [*Decembered Grief: Living with Loss While Others Are Celebrating*](#) by Harold Smith. Suffering the loss of a loved one at any time of the year is difficult, yet during the holidays or special occasions, those grieving experience a more intense sense of loss. The world is moving forward and celebrating life and all its blessings, yet for grievers, adarkness pervades the holiday. This book is an invitation to Christmas and its companion holidays of the season which compose a grueling triathlon which begins on Thanksgiving and continues unabated for forty-five days until the last of the bowl games on New Year's Day. Through quotes, prayers, Scriptures and the words of the author, A Decembered Grief is designed to guide the reader on the journey beyond 'the shadow' and directly through 'the valley of death.'
- [*Healing a Parents Grieving Heart*](#) by Alan Wolfelt, Ph.D. Presenting simple yet highly effective methods for coping and healing, this book provides answers and relief to parents trying to deal with the loss of a child. guide also addresses common problems for grieving parents, including dealing with marital stress, helping surviving siblings, dealing with hurtful advice, and exploring feelings of guilt.
- [*On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss*](#) by Elisabeth Kubler-Ross, David Kessler looks at the way we experience the process of grief. Just as *On Death and Dying* taught us the five stages of death — denial, anger, bargaining, depression, and acceptance — *On Grief and Grieving* applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing.

A List of Adult Books Dealing With Death and Grieving (cont.)

- [*Motherless Daughters: the Legacy of Loss*](#) by Hope Edelman explores the myriad ways that losing a mother can affect almost every aspect and passage of a woman's life. A work of stunning courage and honesty, *Motherless Daughters* is a must read for the millions of women whose mothers have gone, but whose need for healing, mourning, and mothering remains. It is a timeless classic.
- [*The Orphaned Adult: Understanding and Coping with Grief after the Death of Our Parents*](#) by Alexander Levy. The death of one's parents is "the ultimate equal-opportunity" experience; becoming an orphan as an adult happens to nearly everybody. Since our parents "project an illusion of permanence," writes Levy, their death forces us to confront our own mortality (we are next in line to die) and to adjust to our new identities as orphaned adults.
- [*Surviving the Death of a Sibling: Living through Grief when an Adult Brother or Sister Dies*](#) by T. J. Wray, Barbara Sturman. This guide helps adults who have lost a brother or sister to realize that they are not alone in their struggle. Just as important, it teaches them to understand the unique stages of their grieving process, offering practical and prescriptive advice for dealing with each stage.
- [*Final Gifts: Understanding the special Awareness, Needs, and Communications of the Dying*](#) by Maggie Callanan. In this moving and compassionate book, hospice nurses Maggie Callanan and Patricia Kelley share their intimate experiences with patients at the end of life, drawn from more than twenty years experience tending the terminally ill. Filled with practical advice on responding to the requests of the dying and helping them prepare emotionally and spiritually for death, *Final Gifts* shows how we can help the dying person live fully to the very end.