BOOKS:

ADULTS:

**How to Survive the Loss of a Parent: A Guide for Adults**
Lois F. Akner, 1993
This book is based on a bereavement support group. Each participant lost a parent in their adult years. Helps adults deal with the death of a parent.

**Nobody’s Child Anymore: Grieving, Caring & Comforting when parents die**
Barbara Bartocci, 2000
This book talks about the issues adults face when the last parent dies. Provides helpful insight to unexpected feelings that arise within adults as they mourn their loss.

**Last Touch: Preparing for a parent’s death**
Marilyn R. Becker, 1992
Addresses the issues related to an adult who lost a parent. It includes several stories from adult children who have experienced the death of a parent.

**Early Winter**
Howard Bronson, 1995
Beautifully written by a man who’s father died unexpectedly. He discusses the feelings that are brought out during the grieving process. A good book, especially from a male perspective.

**Midlife Orphan: Facing Changes Now That Your Parents Are Gone**
Jane Brooks, 1999
No matter how old we are, losing a parent hurts. This book addresses the feelings many adults face when they experience the death of their parents, especially when both parents are deceased.

**Dying Well: Peace & Possibilities at the End-Of-Life**
Ira Byock, MD 1997
This books helps patients and their families deal with end-of-life issues with dignity and hope.

**Grief’s Courageous Journey: A Workbook**
Sandi Caplan & Gordon Lang, 1995
Excellent book to use with an adult client as they work through the grieving process. Helps them identify feelings, emotions, etc. through writing, drawing and discussion.

**Final Gifts: Understanding the special awareness, needs & communications of the dying**
Maggie Callahan & Patricia Kelley, 1992
This book provides understanding of the special needs and concerns of those who are dying and ways to be supportive.

**FatherLoss: How sons of all ages come to terms with the death of their dads**
Neil Chethik, 2001
Discusses the issues that men deal with when their fathers die and how others can support them.

**At Home With Dying: A Zen Hospice Approach**
Merrill Collett, 1997
Provides guidance for the caregiver to help a loved one die at home.

**In Lieu of Flowers: A conversation with the living**
Nancy Cobb, 2000
This book addresses ways the grieving can deal with their grief by finding support from family and friends. Insightful and encouraging.
**Chicken Soup for the Surviving Soul: 101 stories of Courage & Inspiration**  
Cranfield, Hansen, Aubery & Mitchell, 1996  
Short, easy to read, inspirational stories written by individuals who have survived tragedy or death.

**Chicken Soup for the Grieving Soul: Stories about Life, Death & Overcoming the Loss of a Loved One**  
Cranfield, Hansen, 2003  
Short, easy to read, inspirational stories written by individuals who have survived death of a loved one.

**Give Sorrow Words-A Father’s Passage Through Grief**  
Tom Crider, 1996  
Provides insight on how one father dealt with the grief of losing his only daughter who was an adult when she died. He talks about the importance of “owning the grief” and talking about it.

**Recovering from the Loss of a Loved One to AIDS-Help for surviving family, friends, and lovers who grieve**  
Katherine Fair Donnelly, 1994  
Written for those who know the pain and isolation of losing a loved one to AIDS. Sensitively written and addresses the special grief related to death by this disease.

**Motherless Daughter’s**  
Hope Edelman, 1994  
Written by a woman who’s mother died of breast cancer, she addresses issues that women may face as they deal with being motherless. Good book for adult women who have lost a mother, at any age, to death.

**Letters From Motherless Daughters**  
Hope Edelman, 1995  
As a follow-up to her first book, Hope capture’s letters that she has received from women who discuss being motherless. Very moving and may be helpful to clients by encouraging them to write about their mothers.

**Companion Through the Darkness: Inner Dialogues on Grief**  
Stephanie Ericsson; 1993  
The book is written by a young widow and provides short inspirational reflections on the issues one faces while grieving. A good book for young widows.

**Living With A Man Who Is Dying**  
Jocelyn Evans, 1971  
This is a personal memoir in tribute to her husband and the journey they traveled in his illness and death.

**Later Courtney**  
Susan Evans, 1997  
Written by a mother who lost her 22 year old daughter in an auto accident. Entries from a journal over a year’s time.

**I'm Grieving As Fast As I Can-How Young Widows & Widowers Can Cope and Heal**  
Linda Feinberg, 1994  
Written for young widow/widowers, addresses many of the issues that they face. Looks at the ways their lives have been altered by the death, from raising young children to meeting new people. Good book for someone who is young and widowed.

**When Winter Follows Spring:**  
**Surviving the death of an adult child**  
Dorothy Ferguson  
This book addresses the unique pain that parents endure when an adult child dies. Provides helpful hints of how to cope with this type of loss.

**Death & Dying or Can You Love Me Enough to Let Me Go**  
This easy to read storybook is for adults who struggle with letting go of their loved one. The book is written by a son who experienced the struggle with his father’s death.
Storytelling in Bereavement
Alida Gersie, 1991
This book utilizes storytelling to help understand and deal with grief.

WIDOW to WIDOW
Genevieve Ginsburg, 1995
Written for widows, this book addresses many practical issues they face in adjusting to their new life. Practical and easy to read.

Swallowed by a Snake
Thomas R. Golden, 2000
This book addresses the masculine side of grief and healing. This book includes storytelling and cross-cultural aspects related to male grief.

A Time to Say Good-Bye: Moving Beyond Loss
Mary McClure Goulding, 1996
Written by a social worker who is also a widow. She addresses issues related to the dying process, the funeral and adjusting to life without your loved one.

Living When A Loved One Has Died
Earl A. Grollman, 1977
This book is written in poetry form and addresses feelings related to death.

Companion to Grief
Patricia Kelley, 1997
Addresses issues related to grief, including workplace grief, helping someone who is grieving and starting new relationships.

The Courage to Laugh: Humor, Hope and Healing in the Face of Death and Dying
Allen Klein, 1998
Written for those who are or have faced the reality of death in their lives. Provides hope and ways to find humor in the face of sadness. Inspirational.

Grandma’s Tears-Comfort for Grieving Grandparents
June Cerza Kolf, 1995
Written for any grandparent who has lost a grandchild. Deals with issues and feelings experienced by the grieving grandparent and helps to explain what their adult child must be experiencing.

To Live Until We Say Good-bye
Elisabeth Kubler-Ross, 1978
Moving story about the lives of several dying individuals and how they lived their lives through the dying process. Captured in word and with pictures, this book is an inspiration to those who are dying as well as living.

On Death & Dying
Elisabeth Kubler-Ross, 1968
The original book about death and dying.

The Wheel of Life
Elisabeth Kubler-Ross, 1997
Ross’ s memoirs on living and dying. Traces her life, including the years she has struggled with her own illnesses and her reactions to “dying.”

When Bad Things Happen to Good People
Harold S. Kushner, 1989
Written for all those good people who have experienced bad things in their lives. May be helpful for those who don’t understand why “this happened to me.”

Acknowledgment: Opening to the grief of unacceptable loss
Peter Leech & Zeva Singer, 1988
Acknowledges the feelings and loss associated with a death and provides different ways to work through the grief.
**Grandfather Remembers: Memories for my Grandchildren**
Judith Levy, 1987
This book provides the guidelines for grandfathers to provide information that they would like to leave their grandchild. A wonderful way for grandparents to leave a sense of family history, relevant facts and fun information for future generations.

**Grandmother Remembers - A Written Heirloom for my Grandchildren**
Judith Levy, 1986
See Grandfather remembers.

**Doors Close, Doors Open: Widows, Grieving & Growing**
Morton Lieberman, 1996
Written for women who have lost their spouse, this book presents common experiences, feelings, etc. that women experience when they become “widowed.”

**Gathering a Life: A journey of recovery**
Jeanne Lohmann, 1989
This book was written by the wife of a cancer patient. She uses short stories to address their struggles to survive his illness and his death. The book helps families identify with the struggles and the grief.

**Don’t Take My Grief Away from Me**
Doug Manning
Addresses the issues of grief and the importance of allowing others to grieve the death of their loved one instead of "minimizing" the loss.'

**Losing A Parent-A personal guide to coping with that special grief that comes with losing a parent**
Fiona Marshall, 1993
This book is written for adult children who have lost a parent. It covers all types of death from illness to sudden death. Presents real life situations and discusses reactions, feelings, etc.

**I Can’t Stop Crying**
John D. Martin & Frank D. Ferris, 1992
Written for those who have lost a spouse or partner. Captures many of the feelings and emotions that a widow/widower or surviving partner may experience.

**I Don’t Know HOW to Help Them**
Linda Maurer, 1996
Written by a woman who lost her only child, she provides helpful hints for family members and friends to help bereaved parents.

**A Broken Heart Still Beats**
Anne McCracken & Mary Semel, 1998
A book for parents who have lost a child. Written by two women who have lost children.

**Gentle Closings Companion: Questions & Answers for Coping With The Death of Someone You Love**
Ted Menten, 2002
This book helps you find the way to say "good-bye" to someone you love who is dying.

**After Goodbye**
Ted Menten, 1994
This book helps adults continue on with their life after the death of a loved one. Good for anyone who has lost a loved one.

**The Caregiver’s Companion: Words to Comfort & Inspire**
Betty Clare Moffatt, 2000
An uplifting collection of inspirational essays, interviews and advise for those who provide care for others.

**When Parents Die**
Edward Myers, 1997
Addresses many different aspects of a death of a parent, from funeral arrangements and estate settlements to coping with life without a parent. Includes issues related to sudden death and suicide as well as illness.
How We Die: Reflections on Life's Final Chapter
Sherwin B. Nuland, 1003
Discusses ways that people die and provides insight on who to live life more fully and meaningfully.

More Than Surviving-Caring for yourself while you grieve
Kelly Osmont, 1990
This is a short booklet that discusses the need to move beyond one’s grief. It is feminist in its approach and very directed. (Review prior to use with a client)

Dying At Home: A family guide for caregiving
Andrea Sankar, 1999
Based on the experience of those who have cared for a loved one at home who was dying. Helpful and supportive information.

The TAO of Dying: A Guide to Caring
Doug Smith, 1997
Provides inspiration to those who are dying as well as those who care for them.

Grieving The Death of a Friend
Herald Ivan Smith, 1996
Losing a friend is one of the most significant but unrecognized experiences of grief. This book addresses the special grief that grieving friends experience.

On Grieving the Death of a Father
Herald Ivan Smith, 1994
This book addresses the issues that adult children face when their father dies. Includes adults who lost their fathers as teenagers.

How to say Goodbye: Working through personal grief
Joanne Smith & Judy Biggs, 1990
Provides helpful information about dealing with the death of a loved one.

Beyond Grief
Carol Staudacher, 1987
Discusses issues related to grief and coping mechanisms. This book addresses many types of loss including spouse, parent, child, accidental death and suicide. Affirms feelings related to loss.

Men and Grief-A guide for men surviving the death of a loved one
Carol Staudacher, 1991
This book explores grief from the male perspective. The book discusses reaction to death, how they are “suppose” to react and how they react internally. Provides valuable insight on male grief.

A Time to Grieve-Meditations for healing after the death of a loved one
Carol Staudacher, 1994
This book has beautiful meditations related to loss and feelings.

Start the Conversation
Provides helpful ways to “begin the conversation” about death and dying. Good book for families.

The Courage to Grieve
Judy Tatelbaum, 1984
Generic to any type of grieving. Excellent book for clients.

You Don’t Have to Suffer
Judy Tatelbaum, 1990
A handbook for moving beyond life’s crisis. The book provides insight on how previous losses in one’s life may cause a barrier to dealing with a current crisis. Good book for those who are about a year removed from the death and appear to be stuck in their grief process.

I Remember…I Remember
Enid Samuel Traisman, 1992
A keepsake journal for adults. A simple, beautiful way for memories, feelings, and other thoughts to be recorded.
When I'm Angry
Jane Aaron & Barbara Gardiner, 1998
Short, easy to read book that helps children understand what they can do when they are angry. Good for use by parents or professionals working with young children. Helps them identify and discuss feelings. Pre-school-elementary.

Someone Special is Very Sick
Jim & Joan Boulden, 1995
Workbook written for younger children to help them deal with the serious illness of someone special.

When I Die, Will I Get Better?
Joeri & Piet Breebaart, 1993
Beautifully written story about illness & death in terms young children can understand. Instead of children, the Rabbit family is featured. Preschool-elementary age children.

Bye, Mis’ Lela
Dorothy Carter, 1998

Everett Anderson’s Goodbye
Lucille Cliford, 1983
Describes how a little boy feels after his father dies. Good book for elementary students to read or to be read to pre-school children. The family is African-American and appropriate for a culturally diverse group.

I Had A Friend Named Peter
Janice Cohn; 1987
This book helps children understand the death of a friend their age. Age appropriate for pre-school-elementary school. There is a summary of information for parents and educators.
**Just A Heartbeat Away-When A Mother Dies of AIDS**  
Gabriel Constans, 1996  
A story book to use with children who are dealing with a death of a loved one related to AIDS. In the book, it seems that the mother dies rather quickly after her diagnosis. This might be difficult for children who watched their loved one die a slow death. Ages middle to junior high.

**I'm Mad**  
Elizabeth Crary, 1992  
Written for primary grades to help children deal with their anger. Elementary school age.

**I'm Scared**  
Elizabeth Crary, 1994  
Written for primary grades to help children deal with their feelings of being afraid. Elementary school age.

**Boogeyman in the Basement**  
Kathleen Duey & Ron Berry  
Helps children confront their fears in a safe way. Elementary school age.

**Nana Upstairs & Nana Downstairs**  
Tomie dePaola, 1973  
Multi-generation family deals with the death of a great-grandma. Elementary school age.

**Glad Monster, Sad Monster**  
Ed Emberley & Anne Miranda, 1997  
Book helps children talk about feelings. The book has fold-out masks for use by children to help them talk about their feelings.

**Holidays & Special Days**  
Jessie Flynn, 1994  
Storybook with suggestions to help young children celebrate special occasions after the death of a loved one. Preschool to elementary age.

**Sophie**  
Mem Fox, 1994  

**Good Grief: Helping Groups of Children When A Friend Dies**  
Sandra S. Fox  
Written for those who work with children. The book provides activities to facilitate group discussion and things to look for that might indicate a need to refer the child(ren) for additional counseling.

**Part of Me Died, Too: Stories of Creative Survival Among Bereaved Children & Teens**  
Virginia Lynn Fry, 1995  
Discusses ways children and teens survived the death of a loved one. Includes death of father, mother, grandparent, pet, friend and includes deaths from AIDS, murder, suicide and illness.

**Beyond the Ridge**  
Paul Goble; 1993  
A short story about death based on Indian legacy. Comforting story that could be read to pre-school to elementary age children.

**When A Friend Dies: A book for teens about grieving & healing**  
Marilyn Gootman, 1994  
Simply & concisely discusses teen grief and ways for them to heal. Answers common questions & addresses fears and feelings. Appropriate for Jr./Sr. High.

**Talking About..Death**  
Earl & Sharon Grollman  
Workbook to help children deal with a death. An aid for parents or professionals who are working with a grieving child. Elementary school age.
**The Next Place**  
Warren Hanson, 1997  
Easy to read book that shares what “the next life” will be like, an imaginary journey. Good for use of primary-middle school age children as well as adults.

**When Something Terrible Happens**  
*Children can learn to cope with grief*  
Marge Heegaard; 1991  
This journal for children helps them identify and discuss their feelings. It allows them to draw and write about their feelings. For young children.

**When Someone Very Special Dies**  
Marge Heegaard; 1988  
This journal assists young children in identifying and talking about their grief. It allows them to draw and write about their feelings.

**When Someone Has a Very Serious Illness**.  
Marge Heegaard, 1991  
This journal assists young children in identifying and talking about their fears when someone they love is very ill.

**The Brightest Star**  
Kathleen Maresh Hemery, 1998  
Story about a young girl whose mother died. She struggles with defining her family without her mother when she has a school project to complete. Appropriate for elementary-middle school.

**Losing Uncle Tim**  
Mary Kate Jordan, 1989  
This book addresses a death related to AIDS and is geared towards elementary to middle school age children. Deals with the feelings a child has when they lose a family member to AIDS.

**Kathy’s Hats**  
Trudy Krisher, 1992  
Story of a young girl who gets sick and needs chemotherapy. She losses her hair and finds comfort in the variety of hats that she can wear. Elementary-middle school age children.

**How It Feels When A Parent Dies**  
Jill Krementz ; 1981  
This book is written with stories from children who explain how they felt when they lost a parent. A very inspirational book for use with middle-high school age children/teens.

**What is a feeling?**  
David W. Krueger, MD, 1993  
Multicultural book that helps children identify feelings and talk about them. Elementary-middle school age.

**Daddy’s Chair**  
Sandy Lanton, 1991  
Written for young children who have lost a parent, especially a father. Explains Jewish tradition related to death and helps a young boy deal with his father’s death from cancer.

**For Those Who Live-Helping children cope with the death of a brother or sister**  
Kathy LaTour; 1983/1991  
This book talks about the grieving that occurs when a child or young adult dies in a family. It deals with the different feelings that might be experienced and how family dynamics might change. Middle to Junior High school level.

**Learning to Say Good-By: When A Parent Dies**  
Eda LeShan; 1976  
This book seems appropriate for middle-junior high children. Addresses issues such as “what about me?”; “the fear of being left alone” and many other thoughts.

**Forever In My Heart**  
Jennifer LeVine, 1992  
A story that helps children participate in life as a parent dies. Integrates storytelling and art to help the child deal with his loss. Elementary school age.
**Liplap’s Wish**
Jonathan London; 1994
A storybook about death for children.
Age appropriate for pre-school to elementary.

**When A Pet Dies**
Fred Rogers, 1988

**Why Did Grandma Die?**
Trudy Madler; 1980
This is a story about the death of a grandmother and the effect it had on her school age granddaughter. Elementary to middle school age children.

**A Birthday Present for Daniel**
Juliet Rothman, 1996
Beautiful story about a young child who’s brother died. Captures changes that occur in a family when a child dies. Elementary-middle school age children.

**On the Wings of a Butterfly**
Marilyn Maple, 1992
A story about life & death. Young girl has cancer & dies but she comes to understand her life & death by the meaning of butterflies. Middle school age children.

**Love, Mark**
Mark Scrivani; 1988
This book is written for children in letter form, answers questions related to grief. Elementary to junior high age.

**Love, Mark II**
Mark Scrivani; 1990
Builds on Love, Mark. See above.

**On the Wings of a Butterfly**
Marilyn Maple, 1992
A story about life & death. Young girl has cancer & dies but she comes to understand her life & death by the meaning of butterflies. Middle school age children.

**What’s Wrong with Grandma?**
Margaret Shawver, 1996
A story about a family who learns to deal with Grandma’s Alzheimer’s disease. Helps children understand about memory loss and the disease. Middle-junior high school.

**What’s Heaven**
Written for the child who has lots of questions about “life after death” and where people & animals go when they die. Written for pre-school-elementary children.

**The Saddest Time**
Norma Simon, 1986
Summarizes several types of death, how children were told and how they handled the death. A story book for elementary children.
**After Charlotte’s Mom Died**  
Cornelia Spelman, 1996  
Addresses the pain and loneliness that a young girl feels after her Mom died. Her Dad is grieving and she doesn’t know how to help or where to turn. After a fight at school, the girl & her father seek guidance from a therapist to help them deal with their grief. Elementary to middle school age.

**To Hell With Dying**  
Alice Walker; 1988  
This book features African-American children and their family members. The book is written from the perspective of a young woman who was deeply touched by a neighbor and his love for children in the neighborhood. It is a book of hope. Middle to junior high school age children.

**See you in heaven**  
Rev. Joe Stripling, 1998  
When a little boy is diagnosed with cancer, he searches for the meaning of God. Written from a faith perspective. Appropriate for pre-school-elementary.

**Red Ribbon**  
Sarah Weeks, 1995  
Book & audio tape about a young girl who learns about the meaning of a red ribbon when a neighbor becomes ill. This book could be helpful for adults to discuss AIDS with children. Elementary-middle school age.

**Fire in My Heart, Ice in My Veins: A journal for teenagers experiencing a loss**  
Enid Samuel Traisman; 1992  
This is a journal that will assist teenagers in recognizing and owning their feelings related to loss. Early to mid teens would benefit from this journal.

**Cool Cats, Calm Kids**  
Mary Williams, 1996  

**Dear Bruno**  
Alice Trillin, 1996  
A sick dinosaur tries to cheer up a fellow dinosaur who has cancer. A book of hope and helpful hints for the young who are dealing with cancer. Elementary-middle school age.

**Saying Goodbye to Daddy**  
Judith Vigna, 1991  
A story book for pre-school to elementary age children. A little girl mourns the death of her father.

**After the Funeral**  
Jane Loretta Winsch, 1995  
Multicultural book to help children understand their feelings after the loss of someone significant in their live. Encourages children to share their thoughts, feelings & fears. Preschool-elementary school age children.

**We Don’t Like to Remember Them as a Field of Grass: A book by children who have had a loved one murdered**  
From the Dougy Center, 1991  
A simple workbook to help children deal with a death when a loved one was murdered. Workbook style integrates storytelling & pictures to share their loss.
**PARENTS:**

*Explaining Death to Children*
Earl Grollman; 1967
This book is written for parents and professionals who work with children. Provides information on the stages of understanding by children based on their age.

*Talking About Death*
Earl Grollman, 1990
Written for parents or those who work with children. Addresses ways that death can be discussed with children.

*A Collection of Letters to Bereaved Parents*
Letters written by parents to parents who have lost a child. Includes death from various illnesses and accidents.

*How Do We Tell The Children? A Parents Guide to Helping Children Understand and Cope When Someone Dies*
Dan Schaefer & Christine Lyons 1987
This book assists parents in discussing death with their children.

*The Bereaved Parent*
Harriet Sarnoff Schiff; 1977
This book is written for parents who have lost a child. It addresses many of the problems and challenges they will face as they deal with the death of their child.

**PROFESSIONAL REFERENCES:**

*Beyond the Innocence of Childhood: Helping Children & Adolescents Cope with Life-Threatening Illness and Dying*
David Adams & Eleanor Deveau 1995
Three book series that addresses many issues children and teenagers face as they deal with illness and death. Insightful and useful information related to development and age-appropriate discussions.

*The Art of Healing Childhood Grief: School based expressive arts program*
Anne Black & Penelope Simpson Adams; 1993
Usable ideas for helping children express their feelings through art. Includes a facilitator’s guide and offers 4 different sections related to specific issues. Offers a step-by-step process to facilitate grief counseling within a school setting.

*The Last Dance: Encountering Death & Dying* 1999
Lynne Despelda & Albert Strickland,
Provides valuable information on various cultures and how they view death. Good resource book.

*The Path Ahead: Reading in Death & Dying*
Lynne Despelda & Albert Strickland, 1995

*Children Mourning, Mourning Children*
Kenneth Doka; 1995
Excellent book for professionals to use in dealing with the many aspects and ways children mourn. Good for school counselors. Includes a helpful bibliography.

*Living With Grief: At Work, At School, At Worship*
Kenneth Doka, 1999
Addresses the issues of loss in various settings and the impact grief has in all aspects of our lives.
Living With Grief: Who We Are; How We Grieve
Kenneth Doka & Joyce Davidson; 1998
Provided by the Hospice Foundation of America, this book explores grief from various perspectives including religious beliefs, ethnic backgrounds, socio-economic situations as well as helping those with developmental disabilities. A good reference book for understanding various & diverse groups.

Fernside Idea Book: A Guidebook for Group Facilitators
A practical guidebook produced by Fernside, a Center for Grieving Children. Provides ideas for groups, activities, etc.

Afraid to Ask: A book for families to share about Cancer
Judyaine Fine, 1986
Provides easy to understand information about cancer & treatments. Also provides easy to understand explanations of several types of cancer. Good for use with families & children in a family session or with adults to share with their children. Information about the various types of cancer may be valuable to share with clients & their families.

Coping When a Parent Has AIDS
Barbara Draimin; 1993
Provides helpful information to assist children & teenagers deal with AIDS in their family.

The Grieving Child
Helen Fitzgerald; 1992
This book is a guide for educators and parents. It addresses anticipatory grief as well as life after a death has occurred in a family.

Bereaved Children & Teens
Earl Grollman; 1995
This book is an excellent support guide for professionals and parents. The book is divided into 3 major sections, each dealing with age-appropriate issues, including religious traditions.

Straight Talk About Death for Teenagers
Earl Grollman; 1993
This book is for teenagers but would compliment group or individual counseling. It may help the teen identify some areas of concern and generate questions.

Bereavement Support Group Program for Children
Beth Haasl & Jean Marnocha; 1990
This is a leader’s guide for facilitating a support group for children who are mourning. Provides ideas for topics and projects to assist with group discussion.

A Child Shall Lead Them-Lessons in Hope From Children With Cancer
Diane Komp, MD, 1993
Integrates stories of children with cancer with biblical hope and modern medicine. Inspirational stories for those who work with children with chronic or terminal illnesses.

Lucy Lettuce
Patrick Loring & Joy Johnson, 1994
This book uses "puns" to tell a story of grief and recovery. Great to use with children as well as adults. Therapeutic use of storytelling.

How to Help Children Through a Parent’s Serious Illness
Kathleen McCue, 1994 (2 copies)
A valuable resource for professionals to share with families who have children and want to help them deal with a serious illness in their family. Provides ways to share information, integrate children into the process, etc.
Facing Changes: Falling apart & coming together again in the teen years
Donna O’Toole, 1995
Addresses issues of grief & loss by providing information and questions for the teen to answer related to their loss. Practical guide for use in a classroom or support group setting. Professionals working with teens.

Tear Soup: A recipe for healing after loss
Pat Schweibert & Chuck DeKlyen, 1999
This is a story book that can be used with adults as well as children. Provides great insight on the emotions experienced by the bereaved. A great teaching tool to use with professionals or in groups.

Interventions with Bereaved Children
Susan C. Smith & Sr. Margaret Pennells, 1995
Guide for parents & professionals working with children who are grieving. Assists with chronic or terminal illness and death.

Bereavement: It’s Psychosocial Aspects
Schoenberg, Gerber, Wiener, Kutscher, Peretz & Carr; 1977
This book provides a clinical approach to dealing with bereavement issues. May be a good reference preparing for a presentation.

Loss & Grief in Medicine
Bailliere Tindall; 1978
Deals with various types of loss related to medical conditions or genetics, including surgeries, infertility and many other situations.

Helping Bereaved Children: A Handbook for Practitioners
Nancy Boyd Webb 1993
Provides different techniques to use with children to help them deal with the death of a loved one, including parent, grandparent, sibling, other relatives or friends.

Healing the Bereaved Child
Alan Wolfelt; 1996
This book balances the role of grief counselor and provides helpful hints for working with children who are grieving. The book includes a great bibliography with age appropriate books.

Biopsychosocial Aspects of Bereavement
Sidney Zisook, 1987
Professional assessment book geared towards those who are dealing with a group of students to help them gather pertinent information.

SUDDEN DEATH:
Living With Grief After Sudden Loss
Kenneth Doka; 1996
This book presents a series of short situations in which a death occurred including suicide, disasters, heart attack, etc. Good book to refer in order to understand more of the dynamics of sudden death.

SUICIDE:
Suicide Survivors’ Handbook
Trudy Carlson, 1995
A guide for the bereaved and those who wish to help them. Written by a mother whose 14 year old son committed suicide.

Suicide: Prevention, Intervention and Postvention
Earl Grollman; 1971
This book addresses the issues of suicide and is written for professionals who are working with the survivors or their family members.
**Making Sense of Suicide: An in-depth look at why people kill themselves**  
David Lester, 1997  
Based on modern research, this book examines suicide and the reasons someone may choose to take their own life. This book may be helpful to professionals more than survivors.

**A Message of Hope for Surviving the Tragedy of Suicide**  
Patricia Harness-Overley, 1992  
Written by a woman whose 18 year old son committed suicide. She takes a year long approach to help others deal with the feelings and emotions related to a death by suicide. Good for use by survivors of suicide.

**OTHER REFERENCES:**

**Tuesdays with Morrie: An old man, a young man & life’s greatest lesson**  
Mitch Albom, 1997  
Highlights the relationship that a dying professor has with one of his former students. They met on Tuesday’s and discussed the importance of life. The professor dies from ALS (Lou Gerhig’s disease) Based on a true story.

**Disenfranchised Grief: Recognizing Hidden Grief**  
Ken Doka, 1989  
Discusses the various types of losses that may not be recognized due to relationships shared by the person who died and the grieve. Helpful for professionals.

**Healing Essence**  
Mitchell Gaynor, 1995  
A cancer doctor’s practical program for hope and recovery.

**Diagnosis Cancer: Your Guide to the First Few Months**  
Wendy Schlessel Harpham, MD, 1998  
Written by a physician and cancer survivor, provides helpful hints in a question and answer format.

**After Cancer: A Guide to Your New Life**  
Wendy Schlessel Harpham, MD, 1994  
Provides practical advise and helpful hints for cancer patients and/or their loved ones related to life after a cancer diagnosis.

**When A Parent Has Cancer**  
Wendy Schessel Harpham, MD, 1997  
This book is a guide for parents who also have cancer. This book would be valuable for anyone working with children who are dealing with cancer in their family.

**“Don’t Ask for the Dead Man’s Golf Clubs:” What to do and say (and what not to say) when a friend loses a loved one**  
Lynn Kelly, 2000  
This book takes a humorous approach to help others know what to say and do when a loved one or friend’s life is touched by death.

**The Jewish Way in Death & Mourning**  
Maurice Lamm, 1969  
Explains Jewish tradition related to death and the grieving process. Easy to follow for those who want to understand more fully the Jewish tradition.

**Coping With Cancer**  
John Packo, 1991  
Twelve creative choices for those dealing with cancer. This is a scripture based approach to healing.

**Gilda’s Disease**  
Steven Piver, 1996  
Written by a doctor who provides a medical perspective on ovarian cancer. Includes the personal experience of Gene Wilder based and his wife, Gilda Radner.
**Letting Go: Reflections on Dying**  
Morrie Schwartz, 1996,  
Reflections by Morrie Schwartz who was a college professor. He was diagnosed with ALS—Lou Gerhig’s disease and he faced his death with courage, wit and wisdom. Very inspirational.

**Living Beyond Breast Cancer**  
Marisa & Ellen Weiss, 1997  
Written as a survivor’s guide for when treatment ends and the rest of your life begins. Addresses issues many breast cancer patients and their families face.

**The Art of Condolence: What to write, What to say, What to do at a time of loss.**  
Leonard & Hilary Zunin, 1991  
Provides insightful ways to express feelings and thoughts when someone experiences a death. A nice reference book for those who work in the field of bereavement.

**BEREAVEMENT SUPPORT GROUPS, HOLIDAY HELPS AND MEMORIAL SERVICE REFERENCES:**

**Planning Memorial Celebrations**  
Rob Baker, 1999  
Provides helpful suggestions for services immediately following a death as well as services that occur at a later time.

**Six Simple Weeks: A Caring Manual for Support Group Leaders**  
Eloise Cole and Joy Johnson, 2001  
This book is based on a six week bereavement support group model. Provides helpful hints on how to begin a group and how to structure each week.

**Holiday Hope: Remembering Loved Ones During Special Times of the Year**  
Fairway Press, 1998  
This book provides helpful hints on how to deal with all the special holidays that occur during the year after the death of a loved one, including anniversaries, birthdays, etc.

**Effective Support Groups: How to plan, design, facilitate and enjoy them**  
James Miller, 1998  
Provides many help suggestions on how to start and facilitate a bereavement support group.

**Death & Grief: Healing Through Group Support**  
Harold Ivan Smith, 1995  
This book walks leaders and participants through a healing group experience. This book provides religious references for those interested in providing a church group.

**Holiday Help: A Guide for Hope & Healing**  
Darcie Sims and Sherry Williams, 1996  
Simple activities to help families cope with the holidays.

**How To Start and Lead a Bereavement Support Group**  
Alan Wolfert; 1997  
Provides a “step-by-step” approach to starting and facilitating a bereavement support group.

**VIDEOS:**

It is important to review the tapes prior to use with a client or patient. Some tapes are educational, others are supportive. Some deal specifically with cancer while others are for those who are facing and accepting the fact that they are actively dying.
ANTICAPATORY GRIEF:

Living Fully Until Death
This tape interviews two dying patients, one of cancer and one of ALS. The film follows these two people for two years and the effect on them and their families as they face their illness and the choices they must make. A good video for patients and their families. (28 minutes) 1996

ABC News Special: Lessons in Living with Morrie Schwartz
Ted Koepel interview Morrie Schwartz over a six month period as he prepares for the progression of his ALS disease and his death. Inspirational video. (1 hour) 1996

Date Line Special: Preparing for Death
Interview’s a woman who prepared for her death by video taping stories for her daughter. She prepared tapes to be viewed by her daughter when she was older. Her daughter is 3. The young woman is about 35 and died of breast cancer. (30 minutes) 1998

ADULT CHILDREN:

Grown Up Tears: Adults Grieving the Death of a Parent
This video interviews 6 adults who lost one of their parents from a variety of illnesses or sudden death. It addresses their relationship with the deceased parent and how they have felt since the death. Deaths occurred from 3 weeks to 4 years. Does not address the stages of grieving. (28 minutes) 1994

CANCER:

Castles in the Sand: Facing Leukemia
Josh Littman, a newscaster who was diagnosed with leukemia in 1986 utilized his journalistic skills to capture the process of dealing with his diagnosis. His journey is captured on film, through the experience of his family, the medical team and his friends. Josh died from leukemia a year after his diagnosis. The film deals realistically with the disease and the effect it has on the patient, the family and those who are involved with the care of the patient. Not recommended for patients diagnosed with leukemia but might be helpful for follow-up/bereavement for surviving family members or for use with staff training. (60 minutes) 1995

Three Days Out: Four Women, One Struggle
This two set series discusses the struggles that four women faced as breast cancer patients. They are part of a breast cancer support group who partakes in a “ropes course, outward bound” type of experience. The videos interview four women who discuss the challenges they faced with their diagnosis and treatment. (Video 1-34 minutes; Video 2-22 minutes) 1997

ADULTS:

The Courage to Grieve
A creative living, recovery and growth through grief video by Judy Tautelbaum. The video is based on her book and would be useful for support groups, presentations and professional training. (45 minutes) 1994

Men and Grief
Eight men who have experienced grief in their lives discuss what it feels like to be a man and to grieve. The loses include wives, children, parents, & siblings. The group is diverse in age and ethnic background. Deaths were sudden as well as anticipated. Appropriate for groups, individuals and for training sessions. (60 minutes) 1995
**ABC News Special: The Race for a Cure**
Provides an update on the latest treatments and drugs that are being developed as well as interviews with patients and survivors. Good tape for educational presentations and use with some clients. (45 minutes) 1998

**Handle with Care: Living with Metastatic Cancer (1998)**
Dramatization of how it feels to deal with metastatic cancer. Very well done, captures multitude of feelings. (26 min.)

**Unwanted Challenges: Facing a Cancer Diagnosis**
This video interviews seven individuals whose lives have been affected by cancer. Five have cancer and two are family members. This video would be useful for newly diagnosed individuals and their families in order to help them deal with their emotions and discuss the effect it could have on their families. Unfortunately, this video is not a multi-cultural tape. (25 minutes) 1996

**CHILDREN/TEENAGERS:**

**Children Grieve, Too (1996)**
A good tape for use with teachers, counselors, parents or a general audience in order to help them understand how to talk with children about death and how to allow children to mourn. Culturally diverse. (30 min.)

**A Child’s View of Grief**
Narrated by Alan Wolfelt, children teach adults about allowing children to grief. Good for use with parents, educators or professionals. Also good for use with children in order to get them to talk about their feelings. (25 minutes) 1996

**The Fall of Freddie the Leaf**
Culturally diverse film that addresses the issues of life and death, from the view of the changing seasons. Appropriate for school age children through adults. (17 minutes) 1985

**Standing Tall: A video about teen grief (1994)**
This tape interviews six teens who have lost a loved one including a grandfather, brother, father, aunt and cousin. Types of deaths include natural death, cancer, suicide and homicide. The tape could be helpful in starting conversations about death and dying. (20 minutes)

**What About Me? Kids and Grief**
This is an excellent video for use with children and those who work with children. The video interviews a group of multi-cultural children about their grief. The kids talk about the effect an illness has on the family or how the death affected the family. This is a powerful video for pre-school to junior high children. (18 minutes) 1993

**The Tomorrows Children Face When A Parent Dies**
This video interviews children, elementary to collage age, who lost a parent due to illness or sudden death. This is an excellent video for professionals who work with children as well as for use with children who have lost a parent. (47 minutes) 1997
OTHER:

A Ray of Hope-Facing the Holidays Following A Loss
People who have lost a spouse, fiancee, parent or other loved one discuss ways they prepared for significant holidays following the death of a loved one. Narrated by Paul Alexander who discusses ways people can adjust and prepare for "holidays." General use. (38 minutes) 1997

Before I Die: Medical Care & Personal Choices (1997)
A panel of specialist discuss decisions that patients and family members face when a chronic or terminal illness is diagnosed. The video is a PBS special that addresses emotional as well as practical issues related to end-of-life decisions. Useful for training sessions, group presentations and for some patients/family members. (60 minutes)

Common Threads-Stories from the Quilt (1989)
Tells the story of five individuals who died or are dying from AIDS. The "story tellers" include a wife, partner, parents, significant other and a patient. Relays the pain of death related to this disease. Some of the facts are dated but the information and emotions are relevant for today. A good teaching tape about AIDS and the emotions related to the diagnosis and death. (79 minutes)

DEATH: The Trip of a Lifetime
4 tape series that addresses various aspects of death & dying. First video, The Chasm, explores death and dying from 12 different countries/cultures. It also highlights an elementary school that teaches a course on death & dying. Second video, The Good Death, explores how people view a "good death", including various cultures. Third video, Letting Go, explores funerals and the rituals associated with funerals in various cultures. Fourth Video, Going for Glory, explores how different cultures manifest belief in “afterlife” and how their belief may affect their life in this world. The videos would be helpful for training staff about culturally diverse views on death. (Each video is 60 minutes) 1993

A Dateline interview which deals with several ethical situations related to end of life issues. Video is good for group presentations, ethical presentations, or for teaching purposes. (50 minutes)

Harbor of Hope
This video interviews people who are dealing with chronic illnesses such as cancer, MS, AIDS, etc. The video emphasizes the power of hope and a positive attitude when dealing with a chronic illness. (37 minutes) 1994

Invincible Summer-Returning to Life After Your Loved Has Died
Narrated video that integrates nature, music & words to discuss the pain of loss. The stages of grief are shared as is the fact that grief is universal. Good for mediation or for use with a client in between visits. General loss is discussed and can be used with mixed bereavement groups. Appropriate for those who lost a loved one in the past year. (16 minutes) 1989

It’s In Every One of Us (1987)
Meditative video based on the song of the same name, features faces of people who display loss, despair, hope, laughter and happiness. Good for use with groups as a way to start conversation or to conclude a presentation on a hopeful side. Appropriate for all ages. (5 minutes)
**Living With Grief: Children Mourning, Mourning Children**
Panel discussion sponsored by the National Hospice Organization. Discusses children & grief and how parents, educators and other professionals can help children deal with grief. (60 minutes) 1993

**The Pitch of Grief**  (1985)
Several adults discuss their loss, including how they were told of the death and how they dealt with their feelings. Good for use with clients, groups or professionals. (27 minutes)

**Rainbow’s Remedy**  (1992)
Parts of this video will be good to use with children or teens while other parts would be good for adults. It would also be good to use if you are doing a presentation for those who will be facilitating bereavement support groups. Preview prior to use. (22 minutes)

**Shadowlands**
A film about C.S. Lewis when his wife died from cancer. A moving film about the struggles faced when a couple deals with cancer. (73 minutes) 1985

**To Touch A Grieving Heart**
Good video to use with professionals or those who facilitate bereavement support groups. Addresses issues of death from several perspectives and provides insight to what the bereaved feel. (40 minutes) 1995

**Whitewater: The Positive Power of Grief**
Utilizes nature to discuss the experience of death and loss. The film is narrated and does not provide a “discussion” format. Good for use with an individual client or with a support group. Best use is with those who lose someone in the past year. (12 minutes) 1991

**Whose Death Is It Anyway**
A look at the human side of end-of-life decision making in an emotionally charged PBS special. Includes professionals & family members. (1 hr) 1996

**WIDOWS//WIDowers:**

**The Longest Journey**
Widows/widowers describe their personal journey after the death of their spouse. The video includes widows and widowers, young and old, culturally diverse. Integrates some “docudrama” to highlight feelings, emotions, etc. Professionals address issues of grief and loss throughout the video. Discusses new relationships and remarriage. The effect of the death on other family members is briefly discussed. (53 minutes) 1992

**You’re Not Alone: Coping with the death of a spouse**
This video interviews five people who have lost a spouse. Some of the deaths were expected while others were not. This is not a culturally diverse tape. Would be good to use with a support group. (40 minutes) 1995