

Spectrum Health Hospice and Palliative Care

Suggested Resources for Grieving Adults

A Grace Disguised: How the Soul Grows Through Loss, by Gerald Sitser.

With profound insight into tragedy and forgiveness, grief and grace, the author leads the reader through the darkness of pain and loss and into the light of grace.

A Time to Grieve: Meditations for Healing After the Death of a Loved One, by Carol Staudacher.

This helpful guide is filled with insights, comfort and good counsel.

An Unremarried Widow, by Artis Henderson.

A young Army widow shares her heartbreaking, candid story about recovering from her husband's death.

Being a Widow, by Lynn Caine.

For women facing the loneliness and stress of widowhood, this compassionate self-help book is filled with practical and reassuring advice for each stage of recovery.

Finding Your Way After Your Spouse Dies, by Marta Felber.

This book presents a guide for coping with practical issues that face the recently widowed as they struggle through the grieving process.

Healing After Loss: Daily Meditations for Working Through Grief, by Martha W. Hickman.

Thoughtful words are written to inspire and comfort those who have suffered a loss.

Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies, by Alan Wolfelt.

Compassionate advice and simple activities to help adult children following the death of a parent are outlined in this book.

How to Survive the Loss of a Parent: A Guide for Adults, by Lois F. Akner.

This book focuses on how the loss of a parent differs from other types of losses and offers suggestions on working through grief toward healing.

I Wasn't Ready to Say Goodbye, by Brook Noel and Pamela Blair.

This book explores surviving, coping and healing after the sudden death of a loved one.

Lament for a Son, by Nicholas Wolterstorff.

The personal journal of a father grieving the sudden death of his 25 year-old son is shared through this book.

Living When a Loved One Has Died, by Earl Grollman.

With simple compassion, the author leads those who are grieving through the emotional turmoil to a new, hopeful life.

Men and Grief, by Carol Staudacher.

The author shares an excellent guide for men who are coping with the death of a loved one.

Motherless Daughters: The Legacy of Loss, by Hope Edelman.

Building on interviews with hundreds of mother-loss survivors, the author reveals the shared experiences and core identity issues of motherless women at any age.

One You Love Has Died: Ideas for How Your Grief Can Help You Heal, by James Miller.

This book provides specific suggestions on working through grief in a healthy, productive and life-affirming way.

The Path Through Grief: A Practical Guide, by Marguerite Bouard.

A useful resource for grieving family and friends, numerous case examples provide opportunity to learn about normal, healthy responses to grief and loss.

The Year of Magical Thinking, by Joan Didion.

A portrait of a marriage - and a life, in good times and bad - will speak to anyone who has ever loved a husband or wife or child.

This Man Cries, by Henry Hosey.

One man's expression of grief, following the death of his wife to cancer, is shared in a very loving and sensitive journey of healing using creative words and songs.

Understanding Grief: A Guide to Helping Yourself Heal, by Alan Wolfelt.

A compassionate guide to coping with the death of a loved one and helping oneself heal.

When Parents Die: A Guide for Adults, by Edward Myers.

This sensitive guide offers reassurance and practical information for adults dealing with the grief and family changes related to the death of a parent.

Widow to Widow: Thoughtful, Practical Ideas for Rebuilding Your Life, by Davis Ginsberg.

Writing from her own experience as a widow, the author is frankly honest as she dispels the myths and disputes the rules, encouraging each widow to begin her new life in her own way and time.

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