

Other Types of Loss – Helpful Books

Loss of a Grandchild

Healing a Grandparent's Grieving Heart: 100 Practical Ideas After Your Grandchild Dies

Alan Wolfelt

This heartfelt manual is an indispensable and easily referenced resource for grieving grandparents, offering them a way forward after the death of a grandchild. Whether they were close to their grandchild and keenly feeling his or her absence, or even if they were not close to the child and are mourning the loss of a relationship they'll never have, this book offers grandparents compassionate comfort and practical ideas for their journey through grief, addressing as well the unique pain of watching their children mourn the loss of their child. The ideas offered in the book clarify the basic principles of grief and mourning and offer immediate suggestions for things grandparents can do to embrace their grief, honor and remember their grandchild, and begin to heal.

When a Grandchild Dies: What to Do, What to Say, How to Cope

Nadine Galinsky Feldman

The death of a grandchild is one of life's most heart-wrenching experiences. You not only grieve loss that is "out of the order of things," but you see your own child suffering and feel powerless to help. Friends and family are often focused on the feelings of your bereaved child, so your own grief may be misunderstood and minimized. *When a Grandchild Dies* honors the unique grief of grandparents and includes stories and quotes from those who have experienced such a loss.

Loss of a Grandparent

Goodbye Grandma: The Sympathy Book Series (Grief Book for Kids)

Denise Gibb

Goodbye Grandma uses true-to-life photographs offset with delightful illustrations to show children of all ages what to expect after Grandma dies. Altogether, this gentle approach makes difficult discussions about death, grief and loss age-appropriate. But best of all, *Goodbye Grandma* focuses on talking, sharing and doing until everyone in the family finds happiness again.

Goodbye Grandpa: The Sympathy Book Series (Grief Book for Kids)

Denise Gibb

With a modern take on the storybook format, *Goodbye Grandpa* uses true-to-life photographs offset with delightful illustrations to show children of all ages what to expect after Grandpa dies. But unlike a fictional story, this gentle approach makes difficult discussions about Grandpa's death, his funeral and associated grief age-appropriate. But best of all, *Goodbye Grandpa* focuses on talking, sharing and doing activities until everyone in the family finds happiness again.

Tell Me About Heaven, Grandpa Rabbit!: A book to help children come to terms with losing someone special. (Grief Book for Kids)

Jenny Album

Tell Me About Heaven, Grandpa Rabbit!, (winner of the 2015 Gold Prima Baby Award for Best Children's Book), has quickly become one of the best loved bereavement books for children. This gentle and uplifting story is designed to help young children come to terms with losing someone special.

Loss of an Aunt/Uncle

I Don't Have an Uncle Phil Anymore (Grief Book for Kids)

Marjorie White Pellegrino

How does a child cope with loss and grief? In this moving story for children of all ages, a young boy gets the news that his adored Uncle Phil has died unexpectedly. Told through the eyes of a child, the story describes many traditions and social rituals associated with death, and addresses a wide range of feelings and questions. As his mother attempts to explain death to the boy, he finds his own uplifting way to grieve for Uncle Phil.

When Aunt Mattie Got Her Wings (Grief Book for Kids)

Petra Mathers

Lottie the Chicken deals with the loss of Aunt Mattie in this gently sad and sweetly funny picture book that explores the death of a loved one, in the tradition of Judith Viorst's *The Tenth Good Thing about Barney*.

Friend Loss

Grieving the Death of a Friend

Harold Ivan Smith

The death of a friend is one of the most significant but unrecognized experiences of grief in American culture. In this unique book, Harold Ivan Smith guides the reader to move with rather than against the natural grief process as he explores its many aspects, including the friending, the passing, the burying, the mourning, the remembering, and the reconciling.

Healing a Friend's Grieving Heart: 100 Practical Ideas for Helping Someone You Love Through Loss

Alan Wolfelt

A compassionate resource for friends, parents, relatives, teachers, volunteers, and caregivers, this series offers suggestions to help the grieving cope with the loss of a loved one. Often people do not know what to say—or what not to say—to someone they know who is mourning; this series teaches that the most important thing a person can do is listen, have compassion, be there for support, and do something helpful. This volume provides the fundamental principles of being a true companion, from committing to contact the friend regularly to being mindful of the anniversary of the death. Included in each book are tested, sensitive ideas for “carpe diem” actions that people can take right this minute—while still remaining supportive and honoring the mourner’s loss.

When a Friend Dies: A Book for Teens About Grieving & Healing (For Adults Supporting Grieving Teens)

Marilyn E. Gootman

The death of a friend is a wrenching event for anyone at any age and can spark feelings that range from sadness to guilt to anxiety. Teenagers especially need help coping with grief and loss. This sensitive book answers questions grieving teens often have, like “How should I be acting?” “How long will this last?” and “What if I can’t handle my grief on my own?” The book also addresses the complicated emotions that can accompany the death of an acquaintance, as opposed to a close friend. The advice is gentle, non-preachy, and compassionate; recommended for parents and teachers of teens who have experienced a painful loss.

Organ, Eye and Tissue Donation

A Life Everlasting: The Extraordinary Story of One Boy's Gift to Medical Science

Sarah Gray

Sarah's journey to find solace and understanding takes her beyond her son's donations—offering a breathtaking overview of the world of medical research and the valiant scientists on the horizon of discovery. She goes behind the scenes at organ procurement organizations, introducing skilled technicians for whom death means saving lives, empathetic counselors, and the brilliant minds who are finding surprising and inventive ways to treat and cure disease through these donations. She also shares the moving stories of other donor families.

The Gift That Heals: Stories of Hope, Renewal and Transformation Through Organ and Tissue Donation

Reg Green

The stories in this book are about life coming out of death. A police officer, left for dead in a hail of bullets, can golf and fish again; a woman, whose lungs were at one time so diseased that she was dependent on oxygen, has since climbed 5,000 feet to the summit of Half Dome in Yosemite National Park carrying a 25-pound backpack; a man who was fighting for his life went on to become an Olympic champion. On one side, they tell of transplanted human organs and tissue transforming lives and, on the other, the inspiring selflessness of the families who donated them at the bleakest moment of their lives. The Gift that Heals is published jointly by United Network for Organ Sharing (www.unos.org) and the Nicholas Green Foundation (www.nicholasgreen.org). It was written by Reg Green, the father of a seven-year-old California boy, Nicholas, who was shot in an attempted robbery while the family was on vacation in Italy. The story captured the imagination of the world when he and his wife, Maggie, donated their son's organs and corneas to seven Italians.

Through A Childs Eyes: Explaining death, organ donation, cremation, burial and cemeteries to young children using terminology they can understand

Karen A. Longstreth

Danny and Patricia were looking forward to summer break. Then they found out that Grandpa Hank was sick and was going to die. Don and Emma were so worried, how were they going to explain death, organ donation, cremation, burial and cemeteries to their children. In *Through The Eyes of a Child* you will learn: -How to use age appropriate language to explain these things to children -Find a helpful question section with some informative answers to help grieving young children -Find work pages with plenty of space for children to answer questions and create drawings to remind them of what their loved one looked like, what they liked and how the child is feeling. As much as possible, allow your child to do their own writing and drawing in this section so it is truly theirs. While what they write or draw may make no sense to you, it will to them. If your child is quite young, you may want to do the writing, making sure you are writing verbatim what they are saying, as lengthy as it may be. This will allow the child to be an active participant in their grief journey

Pet Loss

Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet

Gary Kowalski

From the moment pets come into our lives, we know the day will arrive when we have to say farewell. Still, we are never emotionally prepared for the last adieu. In *Goodbye, Friend*, Gary Kowalski takes you on a journey of healing, offering warmth and sound advice on how to cope with the death of your pet. Filled with heartwarming stories and practical guidance on such matters as taking care of yourself while

mourning, creating rituals to honor your pet's memory, and talking to children about death, *Goodbye, Friend* is a beautiful and comforting book for anyone grieving the loss of a beloved animal.

The Invisible Leash: A Story Celebrating Love After the Loss of a Pet (Grief Book for Kids)

Patrice Karst

"When our pets aren't with us anymore, an Invisible Leash connects our hearts to each other. Forever." That's what Zack's friend Emily tells him after his dog dies. Zack doesn't believe it. He only believes in what he can see. But on an enlightening journey through their neighborhood--and through his grief--he comes to feel the comforting tug of the Invisible Leash. And it feels like love. Accompanied by tender, uplifting art by Joanne Lew-Vriethoff, bestselling author Patrice Karst's gentle story uses the same bonding technique from her classic book *The Invisible String* to help readers through the experience of the loss of a beloved animal.

When Your Pet Dies: A Guide to Mourning, Remembering and Healing

Alan Wolfelt

Affirming a pet owner's struggle with grief when his or her pet dies, this book helps mourners understand why their feelings are so strong and helps them overcome the loss. Included are practical suggestions for mourning and ideas for remembering and memorializing one's pet. Among the issues covered are understanding the many emotions experienced after the death of a pet; understanding why grief for pets is unique; pet funerals and burial or cremation; celebrating and remembering the life of one's pet; coping with feelings about euthanasia; helping children understand the death of their pet; and things to keep in mind before getting another pet.

Additional Grief Books for All Types of Loss

Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief

Joanne Cacciatore

Organized into fifty-two short chapters, *Bearing the Unbearable* is a companion for life's most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity. Dr. Joanne Cacciatore—bereavement educator, researcher, Zen priest, and leading counselor in the field—accompanies us along the heartbreaking path of love, loss, and grief. Through moving stories of her encounters with grief over decades of supporting individuals, families, and communities—as well as her own experience with loss—Cacciatore opens a space to process, integrate, and deeply honor our grief.

Healing Your Grieving Heart: 100 Practical Ideas

Alan Wolfelt

With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, it explains how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. Each book, geared for mourning adults, teens, or children, provides ideas and action-oriented tips that teach the basic principles of grief and healing. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that living their lives can begin again.

How To Go On Living When Someone You Love Dies

Therese Rando

Mourning the death of a loved one is a process all of us will go through at one time or another. But wherever the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person's response to loss will be different. Now, in this compassionate, comprehensive guide, Therese A. Rando, Ph.D., bereavement specialist and author of *Loss And Anticipatory Grief*, leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.

It's OK that You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand

Megan Devine

In *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it. In this compelling and heartfelt book, you'll learn:

- Why well-meaning advice, therapy, and spiritual wisdom so often end up making it harder for people in grief
- How challenging the myths of grief—doing away with stages, timetables, and unrealistic ideals about how grief should unfold—allows us to accept grief as a mystery to be honored instead of a problem to solve
- Practical guidance for managing stress, improving sleep, and decreasing anxiety without trying to "fix" your pain
- How to help the people you love—with essays to teach us the best skills, checklists, and suggestions for supporting and comforting others through the grieving process

Passed and Present: Keeping Memories of Loved Ones Alive

Allison Gilbert

Passed and Present is a one-of-a-kind guide for discovering creative and meaningful ways to keep the memory of loved ones alive. Inspiring and imaginative, this bona fide "how-to" manual teaches us how to remember those we miss most, no matter how long they've been gone. *Passed and Present* is not about sadness and grieving—it is about happiness and remembering. It is possible to look forward, to live a rich and joyful life, while keeping the memory of loved ones alive. This much-needed, easy-to-use roadmap shares 85 imaginative ways to celebrate and honor family and friends we never want to forget.

Permission to Mourn: A New Way to Do Grief

Tom Zuba

The death of someone we love cracks us open inviting us to become the person we were born to be. This is the book Tom Zuba wishes he had read after his daughter Erin died. And after his wife Trici died. It's the book he wishes he'd been handed following his son Rory's death. But Tom had to live it. First. Before he could write it. For you. In the beginning, Tom did grief the old way. Repressing, denying, pretending, numbing and stuffing every feeling and every emotion that arose. He created pain on top of pain until he began searching for a new way. A new way to do grief. Once he gave himself permission to mourn, healing began.

Other Types of Loss – Helpful Websites

centerforloss.com

“Led by death educator and grief counselor Dr. Alan Wolfelt, we are an organization dedicated to helping people who are grieving and those who care for them. Perhaps someone you love has died, or you want to help a grieving friend or family member. Or maybe you are a professional or volunteer grief caregiver. Either way, we are here to offer resources and understanding. We invite you to explore our website and call us at (970) 226-6050 if you have any questions. Thank you for visiting. We hope to meet you in person one day.”

compassionatefriends.org

“When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.”

cornerstoneofhope.org

“Cornerstone of Hope is a nonprofit Comprehensive Bereavement Support Center serving Ohio. Established in 2003, Cornerstone of Hope initially offered educational seminars to professionals working with bereaved individuals. The program grew to offer support to children and families, and resources were added for schools, businesses, and related professionals in the community.”

griefshare.org

“It may be hard for you to feel optimistic about the future right now. If you’ve lost a spouse, child, family member, or friend, you’ve probably found there are not many people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions about things you’ve never faced before. “Going to GriefShare feels like having warm arms wrapped around you when you’re shivering.” GriefShare groups meet weekly to help you face these challenges and move toward rebuilding your life. Each GriefShare session has three distinct elements:

- Video seminar with experts
- Support group discussion with focus
- Personal study and reflection”

griefwatch.com

“The Grief Watch mission is twofold: first, to offer spiritual, emotional and other support to persons who are grieving, and second, to assist organized efforts which address the systemic injustices within our society which are the source of grief for persons who are poor and marginalized.”

modernloss.com

“Modern Loss is a place to share the unspeakably taboo, unbelievably hilarious, and unexpectedly beautiful terrain of navigating your life after a death. Beginners welcome. This project grew out of two friends’ separate experiences with sudden loss, and their struggle to find resources that weren’t too clinical, overtly religious, patronizing or, frankly, cheesy.”

opentohope.com

“Open to Hope® is a non-profit with the mission of helping people find hope after loss. We invite you to read, listen and share your stories of hope and compassion.”

refugeingrief.com

"I'm Megan - a psychotherapist, writer, grief advocate, & communication expert dedicated to helping you live through things you never thought you'd face. I'm proud to have created an online community and resource that helps people survive some of the hardest experiences of their lives. Through my book, podcasts, and online courses, I help people learn the skills they need to love themselves – and each other – better."

unspokengrief.com

"Mission: to build and support a community of individuals and families who have been touched directly or indirectly by miscarriage, stillbirth and neonatal loss. Working together to remove the stigma of perinatal grief by sharing our stories and increasing awareness of the lasting effects of perinatal loss."

whatsyourgrief.com

"Our mission is to promote grief education, exploration, and expression in both practical and creative ways. We aim to provide the public with..."

- Education that reaches beyond generalization
- Practical and specific suggestions for moving forward
- Modes of self-exploration and self-expression that suit all types of thinkers and doers
- Ways to honor and remember deceased loved ones.
- A supportive community"

Other Types of Loss – Helpful Podcasts

player.fm/series/coming-back-conversations-on-life-after-loss

"What does life look like after the funeral? After the divorce is final? After the diagnosis? Whether your loss is a person, a relationship, a job, a pet, or a dream, loss shapes who you are and how you choose to live in the world. Join Shelby Forsythia, Intuitive Grief Guide as she explores the ideas, resources, and stories that help us "come back" to life after death, divorce, illness and more."

player.fm/series/good-grief-with-cheryl-jones-1245230

"On Good Grief we explore the losses that define our lives. Each week, we talk with people who have transformed themselves through the profound act of grieving. Why settle for surviving? Say yes to the many experiences that embody loss! Grief can teach you where your strengths are, and ignite your courage. It can heighten your awareness of what is important to you and help you let go of what is not. On Good Grief, we are inspired by people who have made something miraculous out of their deepest heartaches! We listen as they share how they have walked through their own exquisite pain and what they have gained as a result. We come away ready to follow our own dreams to a deeper, more meaningful time on this beautiful earth! Listen for Good Grief, broadcast live every Wednesday at 2 PM Pacific Time on the VoiceAmerica Health and Wellness Channel."

player.fm/series/grief-out-loud

"Remember the last time you tried to talk about grief and suddenly everyone left the room? Grief Out Loud is opening up this often avoided conversation because grief is hard enough without having to go through it alone. We bring you a mix of personal stories, tips for supporting children, teens, and

yourself, and interviews with bereavement professionals. Platitude and cliché-free, we promise! Grief Out Loud is hosted by Jana DeCristofaro and produced by The Dougy Center for Grieving Children & Families in Portland, Oregon.”

taps.org

“TAPS provides comfort, care and resources to all those grieving the death of a military loved one. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.”

ttfa.org

“You know how when someone asks “How are you?” you just say “Fine,” even if you’re totally dying inside, so everyone can go about their day? “Terrible, Thanks For Asking” is the opposite of that. Nora McInerney asks real people to share their complicated and honest feelings about how they really are. It’s sometimes sad, sometimes funny, and often both. TTFA was named one of the best podcasts three years in a row by The Atlantic. The New York Times calls it “a gift to be able to listen.”

Other Types of Loss – Helpful Grief Blogs

griefhealingblog.com

“Welcome to the Grief Healing Blog! Formerly known as Marty’s Marvelous Resources, this is my way of sharing with caregivers and the bereaved – and with those who care for and about them – all the online treasures I find as I work my way around the Internet, in search of the latest and best information having to do with end-of-life care, grief, loss and transition.”

griefrecoverymethod.com

“This blog will allow you the opportunity to acquire both support and guidance after experiencing a significant loss.”

whatsyourgrief.com

“Our mission is to promote grief education, exploration, and expression in both practical and creative ways. We aim to provide the public with...

- Education that reaches beyond generalization
- Practical and specific suggestions for moving forward
- Modes of self-exploration and self-expression that suit all types of thinkers and doers
- Ways to honor and remember deceased loved ones.
- A supportive community”

Other Types of Loss – Helpful Grief Journals

Angel Catcher for Kids: A Journal to Help You Remember the Person You Love Who Died (Grief Journal for Kids)

Amy Eldon

Angel Catcher for Kids offers a healthy way for a child to cope with the painful and often confusing process of grieving. Designed to help a child overcome the loss of a loved one, this journal also invites the child to record precious memories of the special person who has died. *Angel Catcher for Kids* will help a child to catch-and hold-an angel.

Angel Catcher: A Journal of Loss and Remembrance (Grief Journal for Adults)

Kathy Eldon

This unique and sensitive grief journal allows readers to catch — and hold — an angel: Over the past decade, this classic work has helped thousands find meaningful ways to overcome the despair of losing a loved one. Now, Angel Catcher has been revised and updated to convey its powerful message of hope to a new audience. Featuring brand new illustrations and a fresh updated look, the tasteful pages of this journal guide the user through the process of mourning and onward to a lasting sense of peace in the face of loss.

Chill & Spill: A Place to Put it Down & Work it Out (Grief Journal for Teens)

Steffanie Lorig and Jeanean Jacobs

An appealing journal that helps you articulate and transform issues you are dealing with through creative writing and expressive art activities. Created by nonprofit, Art with Heart, the book features 21 award-winning artists and helps to facilitate emotional healing. It's a safe place to yell, cry, boast, dream, evolve. Created to help teens with the emotional fall out from life, the book has been used by victims of the hurricanes, teachers, counselors, and others who know the value of utilizing your imagination to rise above challenges. The book is a balance of full-color printed pages with guided activities and 5 blank sheets which allow for personal exploration.

Deconstruction/Reconstruction: A grief journal for teens

The Dougy Center

The Dougy Center's first journal specially created for grieving teens. Whether a teen has experienced the death of a parent, sibling, grandparent, close friend, or other family member, this Deconstruction/Reconstruction journal is an advice-free place where teens can draw, write, paint, and transform whatever they're thinking and feeling.

Healing Your Grieving Heart Journal for Teens

Alan Wolfelt

In light of how difficult it is just to survive the teenage years, the grieving process can be especially difficult and overwhelming for teenagers. This diary affirms the grieving teen's journey and offers gentle, healing guidance. In order to sort through their confusing feelings and thoughts, teens are prompted to explore simple, open-ended questions. Teens are encouraged to write what they miss about the person who died, the specific feelings that have been most difficult since the death, or the things they wish they had said to the person before they died.

The Understanding Your Grief Journal (Grief Journal for Adults)

Alan Wolfelt

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.