

## Child Loss – Helpful Books

### **And Still She Laughs: Defiant Joy in the Depths of Suffering**

*Kate Merrick*

Kate Merrick examines the Bible's gritty stories of resilient women as well as her own experience losing a child—a journey followed by more than a million on prayfordaisy.com—to reveal the reality of surprising joy and deep hope even in the midst of heartache.

### **Beyond Tears: Living After Losing a Child**

*Ellen Mitchell*

Meant to comfort and give direction to bereaved parents, *Beyond Tears* is written by nine mothers who have each lost a child. This revised edition includes a new chapter written from the perspective of surviving siblings. This sharing in itself is a catharsis and because each of these mothers lost her child at least seven years ago, she is in a unique position to provide perspective on what newly bereaved parents can expect to feel. The mothers of *Beyond Tears* offer reassurance that the clouds of grief do lessen with time and that grieving parents will find a way to live, and even laugh again.

### **Grieving Dads: To the Brink and Back**

*Kelly Farley with David DiCola*

*Grieving Dads: To the Brink and Back* is a collection of candid stories from grieving dads that were interviewed over a two year period. The book offers insight from fellow members of, in the haunting words of one dad, “this terrible, terrible club,” which consists of men who have experienced the death of a child. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale.

### **Healing a Parent's Grieving Heart: 100 Practical Ideas after Your Child Dies**

*Alan D. Wolfelt*

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. It offers 100 practical, action-oriented tips for embracing grief, such as writing a letter to the child who has died; spending time with others who will listen to stories of grief; creating a memory book, box, or Web site; and remembering others who may still be struggling with the death. The 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. This compassionate resource will aid parents who have been through the death of a child—whether the passing happened recently or many years ago, whether the child was young or an adult.

### **Life After the Death of My Son: What I'm Learning**

*Dennis L. Apple*

*Life After the Death of My Son* shares a glimpse of the unspeakable pain, helplessness, frustration, and eventual healing that Dennis and his wife, Buelah, have experienced since losing their son. Using excerpts from his journal—which he began the day after Denny died—Dennis explores the dark, lonely road of grieving for a child. He discloses his anger and disappointment with God, discusses his frustrations with friends and family, and shares how he's dealt with the grief attacks, which continue to sneak up and surprise him. His painful, yet promising story offers comfort and connection to those walking similar paths.

### **Shattered: Surviving the Loss of a Child (Good Grief Series)**

*Gary Roe*

Unthinkable. Unbelievable. Heartbreaking. Whatever words we choose, they all fall far short of the reality. The loss of a child is a terrible thing. How do we survive this? Can we? *Shattered: Surviving the Loss of a Child* was written to help. Bestselling author, hospice chaplain, and grief specialist Gary Roe uses his three decades of experience interacting with grieving parents to give us this heartfelt, easy-to-read, and intensely practical book. In *Shattered*, Roe walks the reader through the powerful impact a child's death can have - emotionally, mentally, physically, relationally, and spiritually.

### **Surviving the Unthinkable: The Loss of a Child**

*Janice Bell Meisenhelder*

This is an eye-opening, heart warming, life-giving book, filled with hope, truth, faith, inspiration, motivation, and day by day comforting suggestions - a real GPS for the heart and soul, reflecting her personal loss, and her wealth of knowledge as nurse and college professor, told in her warm, inviting, down-to-earth writing style giving her readers confidence and tools to survive, believing they will have a meaningful life again. Although the book is focused on bereaved moms with a section written especially for family and friends, it's practical, powerful message delivered through numerous, valuable topics can inspire anyone who lost a loved one, tenderly guiding them through the challenges and roller coaster ride of grief and all there is to learn about the Grief Process.

### **The Unspeakable Loss: How Do You Live After a Child Dies?**

*Nisha Zenoff*

No matter where you are in your grieving process, *The Unspeakable Loss* provides a space to mourn in your own way, and helps you understand how the death of a child affects siblings, other family members and friends, recognizing that we each grieve differently. And while there is no one prescription for healing, Zenoff provides tools to practice the important aspects of grieving that are easily forgotten--self-compassion and self-care.

### **The Voice of an Angel: A Mother's Guide to Grief and How to Thrive After the Loss of a Child**

*Marcy Stone*

If you are reading this, you have just experienced every parent's worst nightmare, the loss of your beloved child. And while you are completely numb, yet feel like you're suffocating, you intrinsically know you can and will survive this insufferable loss. Despite the pain, you want to thrive again with an open heart and make a difference in your life and in the lives of those you will continue to walk by your side and look to you for strength. This book will guide you through the true process of grieving, identify & embrace your new reality, teach you to trust your inner wisdom, and to better understand the soul's journey.

## Child Loss – Helpful Websites

[bereavedparentsusa.org](http://bereavedparentsusa.org)

“Bereaved Parents of the USA was founded in 1995 by a group of bereaved parents from across the country to offer support, understanding, encouragement and hope to fellow bereaved parents, siblings and grandparents after the death of their loved one. This purpose remains the thrust of BPUSA today.”

[compassionatefriends.org](http://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.”

[modernloss.com](http://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.”

[nationalshare.org](http://nationalshare.org)

“Share Pregnancy & Infant Loss Support is a community for anyone who experiences the tragic death of a baby. We serve parents, grandparents, siblings, and others in the family unit, as well as the professionals who care for grieving families. Share is a national organization with over 75 chapters in 29 states. Our services include bed-side companions, phone support, face-to-face support group meetings, resource packets, private online communities, memorial events, training for caregivers, and so much more. Should you need them, we hope you can also benefit from at least one of these many resources.”

[opentohope.com](http://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.”

[stillstandingmag.com](http://stillstandingmag.com)

“Still Standing Magazine, LLC, shares stories from around the world of writers surviving the aftermath of loss, infertility - and includes information on how others can help. This is a page for all grieving parents. If you grieve the loss of your child, no matter the circumstances, you are welcome here.”

[whatsyourgrief.com](http://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”