

Parent Loss – Helpful Books

The Dead Moms Club: A Memoir about Death, Grief, and Surviving the Mother of All Losses

Kate Spencer

Kate Spencer lost her mom to cancer when she was 27. In *The Dead Moms Club*, she walks readers through her experience of stumbling through grief and loss, and helps them to get through it, too. This isn't a weepy, sentimental story, but rather a frank look at what it means to go through gruesome grief and come out on the other side. *The Dead Moms Club* covers how losing her mother changed nearly everything in Spencer's life. And it offers cheeky but useful tip for readers throughout -- like the "It's None of Your Business Card," to copy and hand out to nosy strangers. Anyone who has lost a parent or loved one will be comforted and consoled by this empathetic book.

Healing After the Loss of Your Mother: A Grief & Comfort Manual

Elaine Mallon

A heartfelt and practical guidebook for those mourning the loss of their mother & for supporters hoping to help a loved one through grief. Like a compassionate friend, author Elaine Mallon captures the raw, unique pain of losing your mother with empathy, honesty, and eloquence. She tenderly walks the reader through each step of the grieving process, offering straightforward answers to many common questions and addressing fears faced by those in grieving, as well.

Loss of a Parent: Adult Grief When Parents Die

Theresa Jackson

Theresa Jackson lost her father in 2007 and has since put together useful clinical and healing resources for others in the same position, to help them recover. With an Master's degree in clinical research, Theresa has combined the latest theories and practices on loss, with effective meditations and exercises so that you can honor and remember your lost parent, all the while processing your grief in a healthy way. Sharing hers and others' personal journeys of coming to terms with the loss of a parent, she hopes to help more bereaved adult children on their healing journeys.

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

Alan D Wolfelt

Offering heartfelt and simple advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language, but provides small, immediate ways to understand and reconcile grief. Some of the action-oriented tips include writing down memories, completing a task or goal left unfinished by your deceased parent, or honoring the parent's birthday. In addition, the common challenges that face grieving adult children, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed clearly and concisely.

The Fatherless Daughter Project: Understanding Our Losses and Reclaiming Our Lives

Denna Babul and Karin Luise

Losing a father comes with particular costs that vary depending on the way he left and how old a girl was when she lost him. Drawing on interviews with over 5000 women who became fatherless due to death, divorce, neglect, and outright abandonment, the authors have found that fatherless daughters tend to push their emotions underground. Delivered with compassion and expertise, this book allows readers support and understanding they never had when they first needed it, and it encourages the conversation to continue.

The Orphaned Adult: Understanding and Coping With Grief And Change After The Death Of Our Parents

Alexander Levy

Losing our parents when we ourselves are adults is in the natural order of things, a rite of passage into true adulthood. But whether we lose them suddenly or after a prolonged illness, and whether we were close to or estranged from them, this passage proves inevitably more difficult than we thought it would be. From the recognition of our own mortality and sudden child-like sorrow to a sometimes-subtle change in identity or shift of roles in the surviving family, *The Orphaned Adult* guides readers through the storm of change this passage brings and anchors them with its compassionate and reassuring wisdom.

Healing from The Loss of a Parent: Adult Grief When A Parent Dies. How To Recover And Find Strength After Losing Your Beloved Parent.

Martina Roswell

Anyone who has lost a parent must have come face to face with the uncertainty of life's duration. Let's face it. Getting over the death of a parent is extremely hard. Death embeds deep in you a knowledge of your instability and insecurity until a new self emerges out of your shattered identity. The death of your parent leaves a huge hole in your life, and no one understands how incredibly alone you are. *Healing from The Loss of a Parent* provides you with a shoulder to lean on. For those who have built a profound relationship with bereavement and are tired of journeying through the desert of grief alone, this book offers strength and companion for the journey.

Parent Loss – Helpful Websites

alicaforneret.com

"In the months after my mom died, I went online to figure out how to answer the (many) questions I had as a person who was grieving, as well as a person supporting fam and friends through their loss. I didn't connect with lots of the resources out there - I didn't want rainbows and doves and promises of everything being ok, because it definitely didn't feel like it was going to be. So, I created this corner of the internet for a different kind of grief resource."

healgrief.org/actively-moving-forward

"Actively Moving Forward® (AMF) is a national network created in response to the needs of grieving young adults. For over a decade, we have connected, supported and empowered grieving young adults to "actively move forward" in memory of their person. These young adults support one another and are encouraged to actively move forward in memory of their person. Due to the need, the AMF model has expanded its demographic to include all young adults, aged up to, and including 30. This program is currently actively moving forward coast-to-coast."

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."

shelbyforsythia.com

“Shelby Forsythia (she/her) is the author of Permission to Grieve and podcast host of Coming Back: Conversations on Life After Loss. After the unexpected death of her mother in 2013, she became a “student of grief” and set out on a lifetime mission to explore the oft-misunderstood human experience of loss. Through her book, weekly podcasts, and one-on-one grief guidance, she helps grieving people find direction, get support, and cultivate radical self-compassion after devastating 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”