

Helpful Books and Websites for Adults

Books about Grief for Adults

- **Grief Survivor** by Beth Marshall is a useful tool and easy step by step help for coping.
- **The Wilderness of Grief: Finding Your Way** by Alan D. Wolfelt, Ph.D
- **Healing After Loss: Daily Meditations for Working Through Grief** by Martha Whitmore Hickman
- **Healing Your Grieving Heart** by Alan Wolfelt, Ph.D (Dr. Wolfelt has books for spouses, parents, siblings, children) www.centerforloss.com
- **I Lost My Husband Not My Mind** by Kathy Sheppard (good for later in the grief process)
- **Angel Catcher: A Journal of Loss and Remembrance** by Kathy Eldon and Amy Eldon Turtletaub
- **The Art of Losing: Poems of Grief and Healing** by Kevin Young
- **Getting Back to Life When Grief Won't Heal** by Phyllis Kominsky
- **A Grief Observed** by C.S. Lewis
- **Lost My Partner-What'll I Do** by Laurie J. Spector, MSW and Ruth Spector Webster, MSW
- **Understanding Grief: Helping Yourself Heal** by Alan D. Wolfelt, Ph.D. (A Guide and Workbook)
- **The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents** by Alexander Levy
- **Beyond Tears: Living After Losing a Child** by Ellen Mitchell
- **Markings on the Windowsill: A Book About Grief That's Really About Hope** by Ronald J Greer

Websites with Grief Information

- www.nlm.nih.gov/medlineplus/bereavement.html
- www.centering.org Centering Corporation and Grief Digest
- Hospice Foundation of America
- www.resourcesforgrief.com
- <https://www.griefnet.org/>
- www.hellogrief.org
- www.solacetreer.org
- www.soulcareproject.org
- www.centerforloss.com
- www.compassionatefriends.org
- www.webhealing.com
- <https://www.bereavedparentsusa.org/>
- www.weinsteinhospice.com
- http://www.econdolence.com/?utm_source=eCondolence+Directories&utm_campaign=5a83b8cde9-MC_201601214_Introducing_eCondolence&utm_medium=email&utm_term=0_17fbecc45a-5a83b8cde9-151021161
- <http://www.secondfirsts.com/about-us/>

- <http://www.whatsyourgrief.com/>
- <http://shop.willowgreen.com/>
- <http://www.aarp.org/home-family/caregiving/info-2014/caregiving-grieving-death-bereavement.html>