

Resources for Adults

For Yourself

- ♦ *The courage to grieve* by Judy Tatelbaum
- ♦ *Healing your grieving heart* by Alan Wolfelt
- ♦ *How to go on living when someone you love dies* by T.Rando
- ♦ *I wasn't ready to say goodbye: Surviving, coping and healing after the death of a loved one* by Brook Noel and Pamela D. Blair
- ♦ *The mourning handbook* by Helen Fitzgerald
- ♦ *A time to grieve: Meditations for healing after the death of a loved one* by Carol Staudacher
- ♦ *Understanding your grief: Ten essential touchstones for finding hope and healing your heart* by H.S. Kushner

As a Caregiver:

- ♦ *35 ways to help a grieving child* by Dougy Center Staff
- ♦ *About dying: An open family book for parents and children together* by Sara Bonnett Stein
- ♦ *Bereaved children and teens: A support guide for parents and professionals* by Earl Grollman
- ♦ *The grieving child: A parent's guide* by Helen Fitzgerald
- ♦ *Guiding your child through grief* by Mary Ann Emswiler
- ♦ *Healing a teen's grieving heart: 100 practical ideas* by Alan Wolfelt
- ♦ *Helping children and adolescents cope with death and bereavement* by D.W. Adams
- ♦ *How do we tell the children? A step-by-step guide for children two to teen cope when someone dies* by D. Schaefer and C. Lyons
- ♦ *I will remember you: What to do when someone you love dies: A guidebook through grief for teens* by Laura Dower



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