

Hospice Lennox & Addington Resource Library

Adult Bereavement

TITLE	AUTHOR	DESCRIPTION	QTY
One-day-at-a-time Therapy	Adams, Christine A.	Help you focus on today and realize your confidence, happiness, love and that you're in control of your life	2
Balloon's to Pawpaw	Alexander, Susan G.	Letting go of the pain while holding onto the memories	1
How We Grieve	Attig, Thomas	Relearning the world	1
Beyond Tears	Barkin, Carol	Book to help parents after the loss of a child	1
Nobody's Child Anymore	Bartocci, Barbara	Grieving, caring, and comforting when a parent dies	1
How to Survive the Loss of a Love	Bloomfield, Harold D.	How to heal after losing a love one	2
Don't Let Death Ruin Your Life	Brooke, Jill	A practical guide to reclaiming happiness after the death of a loved one	2
Pathways: Through Loss & Transition	Byrne, Pat	Understanding your grief and moving on	12
Dear Parents	Centering Corporation and Grief Digest Magazine	Letters to bereaved parents from bereaved parents	1
The Death of a Parent	Chatman, Delle	Reflections for adults mourning the loss of a father or mother.	1
When Things Fall Apart	Chöbrön, Pema	Heart advice for difficult times	1
Women In Mourning	Clayton, Jean	The types of grief women go through such as, death of a child, spouse, grandparent, parent, chronic illness or career change	1
Silent Farewell	Coates, Marg	A Christian perspective of Sudden Infant Death Syndrome	1
What to do When the Police Leave	Cornwell, Patricia	A guide to the first days of traumatic loss	1
Give Sorrow Words	Crider, Tom	A father's passage through grief.	1
Song for Sarah: A Mother's Journey	D'Arcy, Paula	A mother's story of grief, hope and healing after the death of her infant	1
When People Grieve	D'Arcy, Paula	Practical guide on how to cope with grief.	1
Loving & Letting Go	Davis, Deborah	For parents who decide to turn away from aggressive medical intervention for their critically ill newborn	1

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The Losin' Blues	Dawson, Kathy	A book for people who recently lost someone they loved; how to get through the pain	1
Life After Loss	Deits, Bob	A practical guide to renewing your life after experiencing major loss.	1
Mommy Please Don't Cry: There Are No Tears In Heaven	Deymaz, Linda	Book for all mothers experiencing the deep sorrow of losing a child	1
When Things Get Back to Normal	Dohaney, M.T.	Journal about dealing with loss	1
Disenfranchised Grief	Doka, Kenneth J.	Recognizing hidden sorrow	1
I Will Remember You	Dower, Laura	What to do when someone you love dies; a guidebook through grief for teens	1
Baby Boomers Face Grief: Survival & Recovery	Galbraith, Jane	A help book for adults losing their parents	3
For Bereaved Grandparents	Gerner, Margaret H.	For grandparents who have lost a grandchild	3
When a Man Faces Grief	Golden, Thomas R.	12 practical ideas to help you heal from loss	1
Living When a Loved One Had Died	Grollman, Earl A.,	About death, life and emotions to help you cope	2
Roses in December	Heavilin, Marilyn Willett	Comfort for the grieving heart	1
Empty Arms	Ilse, Sherokee	Coping with miscarriage, stillbirth, and infant death. Surviving the first hours and beyond.	1
Miscarriage: A Shattered Dream	Ilse, Sherokee	Insightful perspective on miscarriage. Those who have suffered will find medical information, emotional support and helpful coping suggestions	1
Grief	Johnson, Joy & Marvin	What it is and what you can do	2
How Can I Help?	Kolf, June Cerza	How to support someone who is grieving	1
Grief Therapy	Katafiasz, Karen	A book that validates the tribulations of the grief process	1
Grief: Is a Process Not an Event Volume I-III	Kennedy-Reeves, Margie	Answers to questions most frequently asked during bereavement following the loss of a loved one	3
The Healing Power of Humour	Klein, Allen	Techniques for getting through loss, setbacks, upsets, disappointments, difficulties, trials, tribulations, etc.	1

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The Eyes are Sunlight	Koers, Shirley	A journey through grief	1
On Life After Death	Kübler-Ross, Elisabeth	Four essays in this book illuminating the authors' sensitive, original, and even controversial findings on death, dying, and the afterlife.	1
Living With Death & Dying	Kübler-Ross, Elisabeth	Help with the dying and coping with the dead	1
No Mountain Too High	Levitt, Ned	The author's story about suddenly losing his 18-year old daughter and his journey	1
I'll Never Forget those Words	Lord, Janice Harris	A practical guide to death notification	1
The Tender Scar	Mabry, Richard L.	Offering hope and healing to people after the death of a spouse	1
Comforting One Another in Life's Sorrows	Mains, Karen	Author reveals her own experiences and how she found comfort in religion	1
Don't Take My Grief Away From Me	Manning, Doug	How to walk through grief and learn to live again	1
Grief Is a Family Affair	Manning, Doug	Help to take away the 'shoulds'	1
The Grieving Reaction	Manning, Doug	A book designed to help you understand changes in how you feel and react and how to work through them.	1
The Gifts You Bring	Manning, Doug	This book identifies the source of caregiver's guilt following a placement decision and outlines ways to recognize and deal with the issues	1
The Power of Presence	Manning, Doug	Helping people help people	4
Thoughts for the Holidays	Manning, Doug	Help finding the time to grieve during the holidays when a loved one is missing	2
When Love Gets Tough	Manning, Doug	A guide to making the decision about nursing home	1
I Can't Stop Crying	Martin, John D.	It's so hard when someone you love dies	3
Grief, Loss & a Time to be Together	Mertick, Elva R.	To help families as they cope with bereavement	1
Helping the Bereaved Celebrate the Holidays	Miller, James E.	A sourcebook for planning educational and remembrance events	1
How Can I Help?	Miller, James E.	12 things to do when someone you know suffers a loss	1
How Will I Get Through the Holidays?	Miller, James E.	12 ideas for those whose loved one has died	1

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Season of Grief & Healing	Miller, James E.	A guide for those who mourn	2
What Will Help Me?	Miller, James E.	12 things to remember when you have suffered a loss	1
Grieving the Loss of Someone You Love	Mitsch, Raymond R.	Daily meditations to help you through the grieving process	1
How to Love Again	Monbourquette, John	Moving from grief to growth	1
Good Mourning	Morrow, Judy Gordon	Help and understanding in the time of a pregnancy loss	1
Overcoming Grief	Munday, John S.	This book goes through 2 sections, what support groups are and then the spiritual aspect of grief	1
Loss of a Baby	Nicole, Margaret	Understanding Maternal Grief	1
Compassion	Nouwen, Henri J.	A reflection on the Christian life	1
The New Day Journal	O'Brien, Mauryeen	For people coping with the loss of a loved one; journey from grief to healing	1
What Can I Say & Do?	Osmont, Kelly	How to support someone who is grieving a loss	1
Cowbells & Courage	Page, Patrick W.	Support and encouragement after the death of a spouse	2
Freedom to Grieve	Pillon, Deborah	Dealing with the death of a loved one and having the courage to go on	2
More Shared Moments: Creating a Life of Joy	Poduch, Carol C.	A family's uplifting stories of life, love, hope & healing after loss	1
The Long Way Home	Ritchie, Marian	A journey through Alzheimer's disease	1
Genesis: A Personal Guide Thorough Grief	Saynor, John Kennedy	A fill-in personal guide through grief.	2
Healing A Father's Grief	Schatz, William H.	For fathers going through grief due to a loss	1
The Bereaved Parent	Schiff, Harriet Sarnoff	A guide to help parents cope with the death of a child	2
Living Through Mourning	Schiff, Harriet Sarnoff	Sensible, compassionate advice for dealing with the death of a loved one.	1
Still to be Born	Schwieberk, Pat	A guide for bereaved parents whose infants have died, and who are making decisions about their future	1
A Grandparent's Sorrow	Schwiebert, Pat	How to deal with losing a grandchild	3
Bereavement & Grief	Scutton, Steven	Supporting older people through loss	1
Losing Your Parents & Finding Yourself	Secunda, Victoria	How to recover from dealing with the loss of your parent or parents	1
A Decembered Grief	Smith, Harold Ivan	Living with loss while other are celebrating	1

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Cries From the Heart	Spiess, Margaret B.	Prayers for bereaved parents	1
Men & Grief	Staudacher, Carol	A guide for men surviving the death of a loved one	2
Why We Live After Death	Steinpach, Dr. Richard	Following the spirituality of death	1
What Will We Do?	Stevenson, Robert G.	How to guide on preparing a school community to cope with crises	1
Losing a Child	Storkey, Elaine	Finding a path through the pain	1
The Courage to Grieve	Tatelbaum, Judy	The classic guide to creative living, recovery, and growth through grief.	2
When Your Spouse Dies	Tengbom, Mildred	Hope and healing when your spouse dies	1
I Remember, I Remember	Traisman, Enid Samuel	A keepsake journal to use while grieving.	1
Help Me... If You Can	Webster, Bill	Guide on ways to be there for a loved one, includes stories on how to help	1
Good Grief	Westberg, Granger E.	Book describes what happens to us when we lose something or someone	1
Of Wheels & Wings: Thoughts on the Death of a Son	White, John Wesley	Author tells his story about his son dying and his journey to get through	1
Final Passage: Sharing the Journey as This Life Ends	Whitfield, Barbara H.	This book is about the meaning of death and what happens when we die	1
Companioning the Bereaved	Wolfelt, Alan D.	This book is about being there for a mourner	1
The Depression of Grief	Wolfelt, Alan D.	Coping with your sadness and knowing when to get help	1
Healing the Adult Child's Grieving Heart	Wolfelt, Alan D.	100 practical ideas after your parent dies	4
Healing the Adult Sibling's Grieving Heart	Wolfelt, Alan D.	100 practical ideas after your brother or sister dies	1
Healing a Grandparent's Grieving Heart	Wolfelt, Alan D.	100 practical ideas after your grandchild dies	2
Healing Grief at Work	Wolfelt, Alan D.	100 practical ideas after your workplace is touched with loss	1
Healing a Parent's Grieving Heart	Wolfelt, Alan D.	100 practical ideas after your child dies	3
Healing a Spouse's Grieving Heart	Wolfelt, Alan D.	100 practical ideas after your husband or wife dies	11
Healing Your Grieving Body	Wolfelt, Alan D.	100 physical practices for mourners	1

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Healing Your Grieving Heart After Miscarriage	Wolfelt, Alan D.	100 practical ideas for parents and families	1
Healing Your Holiday Grief	Wolfelt, Alan D.	100 practical ideas for blending, mourning, and celebration during the holiday season	4
Healing your Traumatized Heart	Wolfelt, Alan D.	100 practical ideas after someone you love dies a sudden, violent death.	2
The Journey Through Grief	Wolfelt, Alan D.	Reflections on healing	1
Understanding Grief: Helping Yourself Heal	Wolfelt, Alan D.	A compassionate guide to coping with the death of a loved one	1
Understanding Your Grief	Wolfelt, Alan D.	Ten essential touchstones for finding hope and healing your heart	2
When Your Pet Dies	Wolfelt, Alan D.	A guide to mourning, remembering, and healing.	1
The Wilderness of Grief	Wolfelt, Alan D.	Finding your way through grief	1
Grief Counselling & Grief Therapy	Worden, J. William	A handbook for the mental health practitioner	1
Experiencing Grief	Wright, H. Norman	Practical and healing guide for those journeying through the loss of a loved one	1
The Art of Condolence	Zunin, Leonard M.	What to write, say and do at a time of loss	2