

Grief and Loss Suggested Reading List

The following is a reading list of self-help books that may provide comfort. This list is not comprehensive.

For adults who have lost a loved one

Title	Author(s)	Publisher	Publication Year
A Grief Like No Other: Surviving the Violent Death of Someone You Love	Kathleen O’Hara and Dan Gottlieb	Marlow & Company	2006
Bearing the Unbearable: Love, Loss and the Heartbreaking Path of Grief	Joanne Cacciatore	Simon and Schuster	2017
Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss	Sameet M. Kumar	Harbinger Publications, Inc.	2005
Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death	Alan D. Wolfelt	Compassion Press	2002
How to Go on Living When Someone You Love Dies	Therese A. Rando	Bantam	1991
I Wasn’t Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One	Brook Noel and Pamela Blair	Champion Press	2000
It’s OK That You’re Not OK: Meeting Grief and Loss in a Culture That Doesn’t Understand	Megan Devine	Sounds True	2017
Lessons of Loss: A Guide to Coping	Robert Neimeyer	Brunner Routledge	2002
Living with Grief: After Sudden Loss	Kenneth Doka	Hospice Foundation of America	1996
Men and Grief: A Guide for Men Surviving the Death of a Loved One: A Resource for Caregivers and Mental Health Professionals	Carol Staudacher		1991
Murder Survivor’s Handbook: Real-Life Stories, Tips & Resources	Connie Saindon	Wigeon Publishing	2014
No Time for Goodbyes: Coping with Sorrow, Anger, and Injustice After a Tragic Death	Janice Harris Lord	Pathfinder Publishing	2001, Seventh Edition, 2014
Surviving Holidays, Birthdays and Anniversaries: A Guide for Grieving During Special Occasions	Brook Noel	Fredonia: Champion Press, LTD	2003

The Sudden Loss Survival Guide: Seven Essential Practices for Healing Grief	Chelsea Hanson	Mago Publishing	2020
What to Do when the Police Leave: A Guide to the First Days of Traumatic Loss	Bill Jenkins	WBJ Press	2001
When Grief is Complicated	Kenneth Doka and Amy Tucci	Hospice Foundation of America	2018
When There Are No Words: Finding Your Way to Cope wit Loss and Grief	Charlie Walton	Pathfinder Publishing	1996

For children and teenagers dealing with loss

Title	Author(s)	Publisher	Publication Year
After Murder: A Workbook for Grieving Kids	Dougy Center for Grieving Children	Dougy Center	2001
Bereaved Children and Teens: A Support Guide for Parents and Professionals	Earl A Grollman	Beacon Press	1996
Helping Children Cope with Death and 35 Ways to Help a Grieving Child	Dougy Center for Grieving Children	Dougy Center	1999
Resources for Kids Available online	Dougy Center for Grieving Children	Dougy Center	2020
Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love	Earl A Grollman	Beacon Press	1993
The grieving teen: A guide for teenagers and their friends.	Helen Fitzgerald	Simon and Schuster	2001
When Something Terrible Happens: Children Can Learn to Cope with Grief	Marge Eaton Heegaard	Woodland Press	1991

Informational Videos, Webinars, and Testimonials

Title	Author(s)	Producer	Link
After my husband was murdered	Dionne Wilson	TED Conferences	Click Here
Aftermath of a Murder: Survivor Stories, Supporting Loss by Homicide	Karen Weibe	YouTube	Click Here
Individual and collective trauma: Coping with homicide due to gun violence in African American communities	Tanya L. Sharpe	DART Center for Journalism & Trauma	Click Here
Losing a loved one to homicide. What we know from research and practice	Marina Duane and Sara Bastomski	Office for Victims of Crime	Click Here

This project is supported by Award No.2020-V7-GX-K002 awarded by the Office for Victims of Crime, Office of Justice Programs, US Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice or the Office for Victims of Crime.