The following is a list of selected readings, which may assist you during your healing process. Some readings may speak to you more than others. For additional resources, you may consult with your clergy, librarian or local bookstore.

**Grief, Loss and Bereavement**

**The Mourning Handbook: The Most Comprehensive Resource Offering Practical and Compassionate Advice on Coping With all Aspects of Death & Dying**  
*by Helen Fitzgerald*

From preparing for the death of a loved one, to taking care of practical matters, to dealing with overwhelming emotions, this most comprehensive guide to grieving is based on the author’s experiences as a grief counselor, with discussions on the issues people face before, during and after the death of a friend or family member.

**Music I No Longer Heard: The Early Death of a Parent**  
*by Leslie Simon and Han Johnson Drantell*

Fragments of oral history are presented by people between the ages of 19 to 87, who survived the loss of a parent(s) at an early age. This work includes reflections on the many ways the interviewees (and the authors) have recognized and dealt with the effects of their losses.

**After the Darkest Hour the Sun Will Shine Again: A Parent’s Guide to Coping With the Loss of a Child**  
*by Elizabeth Mehren*

An inspiring guide to coping with the loss of a child combines the author’s own story with the experiences and wisdom of others who have gone through this tragedy.

**Tuesdays With Morrie: An Old Man, a Young Man and Life’s Greatest Lesson**  
*by Mitch Albom*

A successful Detroit sportswriter reconnects with his former college professor, Morrie Schwartz, after accidentally discovering Morrie is dying from ALS. Fourteen interviews or classes with Morrie on Tuesdays followed and the book recounts these interspersing recollections of college experiences, to show us how people might learn from Morrie’s good example.

**How to go on Living When Someone You Love Dies**  
*by Therese Rando, Ph.D.*

Mourning the death of a loved one is a process everyone will go through at one time or another. But whether the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve, each person’s response to loss will be different. Now in this compassionate, comprehensive guide, Therese A. Rando, Ph. D., bereavement specialist and author of “Loss and Anticipatory Grief,” leads you gently through the painful but necessary process of grieving and helps you find the best way.
Beyond Grief: A Guide for Recovering From the Death of a Loved One
by Carol Staudacher
This book discusses the conditions of grief, understanding coping, surviving specific types of loss (e.g., loss of a spouse, parent, child, accidental death and suicide) and getting and giving help.

The Courage to Grieve
by Judy Tapelbaum
This book touches on all the aspects of grief and resolution, including important ideas on self-help, avenues to complete unfinished business and guidelines on letting go. This manuscript of wisdom and love reminds us that every ending is also a new beginning.

The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce and Other Losses
by John W. James
Based on a proven process and now extensively revised, “The Grief Recovery Handbook” gives grievers the specific actions they need to work through their loss and create a richer, fuller life.

Living When a Loved One has Died
by Earl A. Grollman
This is a book about death and life, written for those who have sustained the loss of a loved one, or ending a chapter, but who have the possibility of beginning a new chapter, drawing its substance from the pages that went before.

When Bad Things Happen to Good People
by Harold S. Kushner
Harold Kushner, a Jewish Rabbi facing his own child’s fatal illness, deftly guides us through the inadequacies of the traditional answers to the problem of evil, then provides a uniquely practical and compassionate answer that has appealed to millions of readers across all religious creeds. A distinguished clergyman offers advice to people of all faiths on how to come to terms with suffering and loss and explains how a belief in God can help readers to experience comfort and understanding.

Angel Catcher
by Kathy and Amy Eldon
Following the death of their son and brother, Kathy and Amy designed a journal that guides one through the grieving process. It is an active way to remember, through guided journaling, your loved one through words, pictures, photography and other keepsakes.

Children and Teens

Bereaved Children and Teens: A Support Guide for Parents and Professionals
by Earl A. Grollman
A comprehensive guide to helping children and adolescents cope with the emotional, religious, social and physical aspects of a loved one’s death. Topics range from how adolescents grieve differently from adults to concrete ways to help children cope.
When a Loved One Dies: A Family Guide to Helping Children Cope
by The American Cancer Society (800) ACS-2345

The Fall of Freddie the Leaf
by Leo F. Buscaglia
This story is a warm, wonderfully wise and stirringly simple story about a leaf named Freddie – how Freddie and his companion’s leaves change with the passing seasons, finally falling to the ground with winter’s snow. This story is good for children 3–7 years of age.

Talking About Death: A Dialogue Between Parent and Child
by Earl A. Grollman
Whether war, a natural disaster or a serious illness of a loved one or pet, many children must face the reality of death much sooner than their parents would like. This book is designed to help parents and children talk about this difficult time.

The Tenth Good Thing About Barney
by Judith Viorst
The author succinctly and honestly handles both the emotions stemming from the loss of a beloved pet and the questions about the finality of death, which naturally arise in such a situation.

What’s Heaven?
by Maria Shriver
Borne from actual questions asked by her own daughters, journalist Maria Shriver’s, “What’s Heaven?” is a gentle narrative of conversations that pass between a mother and a young daughter in the days immediately following the death of the children’s special great-grandmother.

Badger’s Parting Gifts
by Susan Varley
All the woodland creatures love old Badger, who is their confidant, advisor and friend. When he dies, they are overwhelmed by their loss. Then, they begin to remember. Told simply, directly and honestly, this uplifting story is of tremendous value to both children and their parents.

Guides for Arrangements

Saying Goodbye With Love
by Sheila Martin
A practical and straightforward guide to arrangements surrounding death, in a large, workbook format with chapters ranging from “Planning the Service” and “Visitation and Viewing” to “Writing the Obituary” and “Financial and Legal Matters.” Provides the kind of information and judgment we may wrongly expect to have readily at hand from more experienced family members.

In Memoriam: A Practical Guide to Planning a Memorial Service
by Amanda Bennett and Terrence B. Foley
A highly detailed manual addressing a wide range of organizational and procedural questions, including:
the different concerns for formal secular, formal religious and informal creative services. Who should
officiate and who should participate, checklists for various scenarios, and suggested readings of poetry
and selections from the Bible.

Be Prepared: The Complete Financial, Legal and Practical Guide for Living With a Life-
Challenging Condition
by David S. Landay
An attorney’s lengthy guide for the many practical concerns a life-challenging illness creates, from
income and work changes, to asset risks, to lifestyle constraints and the possibility of incapacitation.
Landay approaches all of these issues with the goal of helping people to continue to successfully live
even as their condition deteriorates. Includes a resource guide.

End-of-Life Care

The Hospice Handbook: A Complete Guide
by Larry Beresford
This handbook is a comprehensive introduction to hospice care. Each chapter ends with a vignette
of someone who has benefited from hospice care. The book includes a list of resources for families
confronting life-threatening illnesses, with extensive notes, including suggestions for further reading.

Dying at Home: A Family Guide for Caregiving
by Andrea Sankar
A medical anthropologist and gerontologist’s systematic discussion on dying at home, organized
topically and filled with generous first-person accounts of those who have participated in home deaths.
Preceded and followed by commentary and analysis, including such topics as The Use of Formal Support
and Social Support. Good appendices, including one on pain medications.

Dying Well: The Prospect for Growth at the End of Life
by Ira Byock
Dr. Byock himself states in his introduction, this book is about living. “It is a book about realizing the
human potential to grow as individuals and as members of families through the process of dying.”

Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying
by Maggie Callanan and Patricia Kelley
Callanan and Kelley include numerous examples of Nearing Death Awareness from their years of caring
for the dying. They offer practical advice, not only to involved family members but also to professional
caregivers, on how to recognize, understand and respond to a dying person’s messages.

She Came to Live Out Loud: An Inspiring Family Journey Through Illness, Loss and Grief
by Myra Scribner Macpherson
Written by a journalist who spent some 20 months following the life of a relentlessly upbeat breast
cancer patient, who eventually died at 44. This narrative with its many dramatic scenes and passages of
dialogue, offers a unique glimpse into different axes of response to one person’s dying friends, children,
husband and the would-be detached journalist.
How We Die: Reflections on Life’s Final Chapter
by Sherwin B. Nuland
A physician and medical school professor offers relatively readable accounts of the specific physical processes, by which six major illnesses actually cause death.

The Gift of Peace
by Cardinal Joseph Bernardin
A popular Catholic Archbishop of Chicago offers inspirational reflections from a Christian perspective on the last three years of his life, including his fight with cancer and his decisions to forego a second course of treatment and to die at home.

You are so Beautiful Without Your Hair: A Daughter’s Journey with the Death of Her Parents
by Suzanne Piela
Written by a former nurse, who left the field because it concentrated on the symptoms rather than the person. This is a spiritual, mystical memoir of her death, centered on the author’s experience with the death of her parents as they succumbed to cancer within a year of each other.

I Don’t Know What to Say: How to Help and Support Someone Who is Dying
by Robert Buckman
Buckman, himself once diagnosed with a fatal illness, addresses the patient’s need for information, as well as the needs of family and friends; the way to support a dying parent or child, and the complications of caring for those afflicted with AIDS or cancer.

Close to the Bone: Life-Threatening Illness and the Search for Meaning
by Jean Shinoda Bolen
To help people know about the psychological and spiritual terrain that a life-threatening illness will take them into and the ways in which the diagnosis and treatment is a mythic event in their lives and in the lives of those who love them. A diagnosis of cancer, AIDS or any potentially fatal illness is metaphorically a descent into the underworld.

Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life
by Thomas Moore
Considered to be one of the best primers for soul work ever written, Thomas Moore, an internationally renowned theologian and former Catholic monk, offers a philosophy for living that involves accepting our humanity rather than struggling to transcend it. By nurturing the soul in everyday life, Moore shows how to cultivate dignity, peace and depth of character.
Who Dies?: An Investigation of Conscious Living and Conscious Dying
by Stephen Levine

Can be a difficult book, it delves into how we live our lives, what creates joy and what creates suffering and how to accept both. Taking responsibility for ourselves and accepting the truth of pain in life is the first step towards happiness. This book is philosophical and contains profound personal stories to illustrate the author’s points.

Handbook for Mortals: Guidance for People Facing Serious Illness
by Joanne Lynne, MD and Joan Harrold, MD Oxford University Press, 1999.

“Serious illness and dying now occupy many years of the lives of most of us. Unfortunately, these years are often a time of fear and suffering. But they need not be. Here is the help you need to be sure that these years, whether your own or those of someone you love, are full and rewarding. Here too is help to make sure that the time near death is peaceful and comforted. This, indeed, is the Handbook that all of us mortals need.”

- From the foreword by Rosalynn Carter