

Library Books & Resources Available through  
Mourning Hope's Lending Library:

**Section: Adult Books**

**Topic: Teens**

Title	Author (Last Name)	Description
Chicken Soup for the Teenage Soul	Canfield	Sometimes friendship is overwhelming, sometimes it's confusing, sometimes you feel like you don't have a friend in the world, but don't worry, it's like that for everyone. That's what the stories in this book are all about. They're from real teens, and they're about the bizarre, difficult and wonderful things that really happened to them and their friends.
Common Threads of Teenage Grief	Tyson	By Teens who know and Janet Tyson. Written by a middle school counselor and nine teens, it is for teens, families and friends. Discusses struggles with grief, how they overcame it, and common questions teenagers ask.
Facing Change	O'Toole	This informative book gets straight to the heart of its title, it helps teens understand their losses and discover creative coping strategies to deal with them. <i>Facing Changes</i> is a unique in that all kinds of losses experienced by teenagers are addressed and validated. It speaks to teens intelligently and respectfully. No one but the person experiencing a loss can ever know just what unique meaning and importance any particular loss holds.
Flowers For the Ones You've Known	Traisman	Unedited letters from bereaved teens working through their grief. The book also includes short stories, poems, and illustrations all by teens.
Grief Girl	Vincent	Vincent lost both parents in a traffic accident. This is a gripping

		memoir of the aftermath of their deaths. Although her loss took place more than 20 years ago in Australia, her use of the present tense and a wholly authentic adolescent voice lend her retelling palpable immediacy. Gritty language, a swift pace, and glimpses of humor amid tragedy make this a page-turner.
Help for the Hard Times	Hipp	Here is entertainment, lightheartedness and information all rolled into one great read. Cartoons, quotes and line drawings take youth on a hopeful and entertaining journey through the many losses and challenges of teen life.
I Will Remember You	Dower	New emotions, new friends, and physical changes make the teen years hard enough to deal with, but when someone close dies, life as a teen can seem almost unbearable. <i>I Will Remember You</i> encourages young readers to explore the "long, winding tunnel" of the grieving process, to keep going in the face of terrible loss and sadness.
The Grieving Teen	Fitzgerald	Fitzgerald covers a wide range of situations in which teens are grieving a death. Teens are guided from the sickbed to the funeral, from their first day back at school to the first anniversary of the death.
The Healing Your Grieving Heart Journal for Teens	Wolfelt/Wolfelt	In light of how difficult it is just to survive the teenage years, the grieving process can be especially difficult and overwhelming for teenagers. This journal affirms the grieving teen's journey and offers gentle, healing guidance. In order to sort through their confusing feelings and thoughts, teens are prompted to explore simple, open-ended questions. Teens are encouraged to write what they miss about the person who died, the specific feelings that have been most difficult since the death, or the things they wish they had said to the person before they died.
Too Stressed To Think?	Kirschner	This well-organized, upbeat book discusses what stress is and how it affects the body and brain, talks about tools to reduce and control it, and gives suggestions for recognizing the myriad situations that can trigger stress at home and at school and seeking help when necessary. Best of all, each one of these scenarios includes information on how the situation might be addressed.
When a Friend Dies	Gootman	Especially during the teen years the death of a friend is a significant and often confusing event. This book guides and validates teens with gentle advice in a brief, practical question and answer format.

When Death Walks In	Scrivani	Helpful and supportive information for facing grief during the teen years. Gives important information about grief and what we can do about anger, sadness and all the emotions that come when death walks in. More information was added including taking care of yourself, dreams, memorializing your loved one, and going back to school.
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