

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

Section: Adult Books
Topic: General Grief

Title	Author (Last Name)	Description
ABCs of Healthy Grieving: A companion for everyday coping	Smith	This book offers simple, realistic advice on how to live with grief day to day. Grievers will find words of comfort, practical support, and wise spiritual guidance for body and soul. Each two-page reflection encourages healthy grieving and new ways of being in the world after experiencing profound loss.
A Decembered Grief	Smith	Suffering the loss of a loved one at any time of the year is difficult, yet during the holidays or special occasions, those grieving experience a more intense sense of loss. The world is moving forward and celebrating life and all its blessings, yet for grievers, darkness pervades the holiday. Through quotes, prayers, Scriptures and the words of the author, A Decembered Grief is designed to guide the reader on the journey beyond 'the shadow' and directly through 'the valley of death.'
Death and Spirituality	Doka	This book considers the needs death-related counselors and educators, seeking to provide them with both a sense of the norm of religious tradition and the religious and spiritual issues that might arise in illness and bereavement, as well as suitable interventions, approaches, and resources that might be useful in assisting clients in examining and resolving such issues. The book also speaks to the complementary needs of clergy who also may wish to assist parishioners and others as they face the spiritual and psychological

		crisis of dying and grief.
Disenfranchised Grief	Doka	Doka and a team of colleagues give us this valuable book of suggestions, challenges, and strategies for counseling practice. This ground breaking work will assist persons whose losses might otherwise have gone unattended to.
Don't Take My Grief Away From Me	Manning	In his warm, personal style, Manning walks us through the first few days after a death and all the plans and decisions that need to be made. He then picks up the grief journey and provides guidance, assurances and hopes for healing.
Food for the Soul	Gambill	For anyone who is struggling with grief after the death of a loved one, this collection of poetry, written by and for the bereaved, brings hope and inspiration from personal experience. Includes the popular poem, "Rise up Slowly, Angel," which was written into the script of a recent episode of <i>Promised Land</i> , the acclaimed CBS television series.
Good Grief	Westberg	A favorite resource for more than 35 years. It guides the reader with wisdom and insight through the experience of grieving, but its real goal is to help us become deeper, stronger, more mature and compassionate people.
Grief: What it Is and What You Can Do	Johnson	Covers feelings, issues, other people, rituals and caring for yourself. "It may seem as if you'll never be happy again. You may go to a bereavement support group and hear people laugh. You may wonder how anyone can laugh when you're hurting so badly, but somewhere, way back in your head, there's a little voice calling your name. It's saying, 'You'll laugh again sometime, too.'
Grieving; The Pain and The Promise	Edwards	This book offers concrete help and valuable suggestions to all who grieve or yearn to help a loved one who is grieving. It answers practical questions such as: What is grief work? What is the process of grief? and How can I help a loved one who is hurting? You will be comforted to learn that grieving is a valid and honorable task, not to be ignored, and that tears do not show a lack of faith.
How to Reach out for Help When You Are Grieving	Wolfelt	This booklet was written to assist you in your search for a counselor or support group. It includes sections on determining if you need professional help, finding a good counselor, evaluating a support group and assessing your progress.

Living With Grief: When Illness is Prolonged	Doka	Compendium of articles that accompanied the April 1997 annual teleconference dealing with grief during and after long-term illness. For hospice workers and volunteers, it examines the specific relevance that a long-term illness can have on the grieving process, both before and after death.
Living With Grief: At Work, At School, At Worship	Davidson/Doka	While we often discuss how we grieve, rarely do we consider the places where we grieve. Yet whether at work, at school, at worship or at home, grief not only affects our moods and motivation but our ability to function and our relationships as well. This book considers the ways that grief influences us in varied settings, offering humane and practical suggestions to organizations such as workplaces, schools or places of worship as to how they can assist grievers in their midst struggling with illness and loss.
Living With Grief: Children, Adolescents, and Loss	Doka	Images of sobbing teens being lead away from shootings are burned in our memories. The 19 chapters in this book address the impact of loss on our children, and the nation's consciousness. Articles by the nation's leading thanatologists and grief counselors on grief and bereavement in children and adolescents are interspersed with articles by children who have experienced tragic loss.
Living With Grief: Who We Are How We Grieve	Doka	Produced as a companion to the Hospice Foundation of America's fifth annual National Bereavement Teleconference, this volume examines how key aspects of identity affect how individuals grieve. Variables explored include culture, spirituality, age and development level, class and gender.
Men Don't Cry...Women Do	Martin/Doka	Do men and women grieve differently? This new text, while emphasizing that there are many ways to cope with grief, offers a refreshing change from the popular gender stereotypes of grief. Two patterns of grieving are described, of critical importance is that such patterns are related to, but not determined by, gender; and each has distinct strengths and weaknesses.
The End is Just the Beginning	Churn	Knowing from firsthand experience that these rituals of mourning are essential to a survivors' emotional well-being, renowned counselor and minister, Rev. Arlene offers a special book that restores African American customs for honoring the deceased.
The Grief Recovery Handbook: A Step-	James	This inspirational book by the co-founders of the Grief Recovery Institute presents their proven, step-by-step recovery program that

By-Step Program		has helped thousands of individuals recover from all kinds of loss.
The Grief Recovery Handbook: The Action Program	James	Incomplete recovery from grief can have a lifelong negative effect on your capacity for happiness. Drawing from their own histories, as well as from others, the authors illustrate what grief is and how it is possible to recover and regain energy and spontaneity. Based on a proven program, now extensively revised, <i>The Grief Recovery Handbook</i> offers griever the specific actions needed to complete the grieving process and accept loss. For those ready to regain a sense of aliveness, the principles outlined here make this a life-changing handbook.
The Mourning Handbook	Fitzgerald	Even with the help of friends and family, grieving the death of a loved one can be a complex, sometimes overwhelming, process. This book is written as a companion to those mourners in need of practical and emotional assistance during the trying times before and after the death of a loved one.
The Path Through Grief	Bouvard	This book explores all types of grief and loss: the death of a parent, spouse, child, sibling, friend, or domestic partner; the losses associated with divorce, illness, stillbirths, miscarriages, homicide, and suicide. An important chapter on AIDS details the added pain of society's reaction to the disease in addition to the pain of loss.
The Wilderness of Grief: Finding Your Way	Wolfelt	Based on the author's previous guides to a 10-touchstone method of grief therapy, this book takes an inspirational approach to the material, presenting the idea of wilderness as a sustained metaphor for grief—and likening the death of a loved one to the experience of being wrenched from normal life and dropped down in the middle of nowhere. Feeling lost and afraid in this uncharted territory, people are initially overwhelmed, the book explains, but they begin to make their way through the new landscape by searching for trail markers—or touchstones—until they emerge as intrepid travelers climbing up out of despair.
Swallowed By A Snake	Golden	For both men and women, this unique blend of professional advice and traditional wisdom explains gender differences and the context and needs of grieving men. It helps couples understand each other and offers healing strategies.
Understanding Anger During Bereavement	Baughner	It is not unusual to experience anger following the death of someone you love. It is okay to be angry, and you can use your

		anger to communicate important information. Begins with talking about what anger is, what causes anger, the positives, the negatives, and suggestions for coping with anger.
Understanding Your Grief	Wolfelt	When someone you love dies, it can be hard to understand your often complex--and painful—thoughts and feelings. This book describes ten touchstones that are essential physical, emotional, cognitive, social, and spiritual actions for you to take to help yourself heal.
What To Do When The Police Leave	Jenkins	Homicide, Suicide, Car Crash, Tragic Accident. A victim's father addresses the special needs of traumatic loss with insight, sensitivity, support and comfort.
When A Loved One Dies	Williams	When a Loved One Dies you begin a journey-a journey through grief. This is a journey each of us must take. It will wind through dark and uncharted lands. Along the way, you will encounter strange and confusing emotions: sorrow, fear, anger, resentment, and depression.
When A Man Faces Grief	Golden	Here is an example and insight into the masculine healing grief process—not a gender issue but a style. An excellent resource filled with practical ideas to help yourself and others heal the pain of loss.
When Men Grieve	Levang	Chapters include: When men and women grieve, the language of grief, the process of grieving, the thinking male, denial, anger, control, a time of change, healing, and transforming. Includes real stories.