

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

Section: Adult Books

Topic: Loss of a Parent

Title	Author (Last Name)	Description
Finding Your Way After Your Parent Dies	Gilbert	Anglican priest Gilbert joins personal narrative with advice, exercises, and prayers. This book is a strong resource for safeguarding one's own well being while managing the relationship demands and pressing tasks that follow the death of a parent.
Losing Your Parent, Finding Your Self	Secunda	While most writers on parental death focus on mourning, Secunda points out that this crucial event fosters major reassessment of one's attitude toward siblings, marriage, children and career. Having surveyed 94 people who have lost parents as adults, and interviewed several of them, as well as experts, she reports that each of the four possible familial pairings has its own pattern, and that the loss of both parents has strong ripple effects.
Mama Knows	Foreman	A compilation of quotes, written by people ages five to ninety-five years old, about what their mothers have taught them.
Never the Same	Schuurman	A much needed book for adults who experienced the death of a parent during their childhood or teen years. It offers many insights to help understand how unresolved childhood grief can lead to difficulties later in life.
Nobody's Child Anymore	Bartocci	Stories from the author's own experience of mourning the loss of two parents, as well as dozens of other stories. She leads us through four stages that most adults experience at some time: caring for a dying parent, mourning the loss, caring for the parent left behind, and finding new meaning beyond grief.

