

Recommended Books: Adults

Grief is Love: Living With Loss

Lee, M. (2022). *Grief is love: Living with loss*. Legacy Lit.

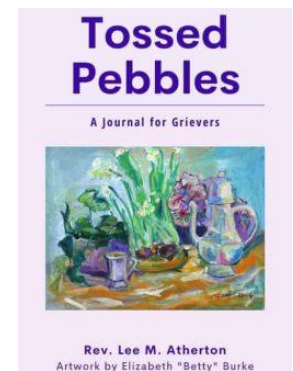
“In *Grief is Love*, author Marisa Renee Lee reveals that healing does not mean moving on after losing a loved one—healing means learning to acknowledge and create space for your grief. It is about learning to love the one you lost with the same depth, passion, joy, and commitment you did when they were alive, perhaps even more. She guides you through the pain of grief—whether you’ve lost the person recently or long ago—and shows you what it looks like to honor your loss on your unique terms, and debunks the idea of grief stages or timelines. *Grief is Love* is about making space for the transformation that a significant loss requires.”



Tossed Pebbles: A Grief Journal

Atherton, L. (2021). *Tossed pebbles: A grief journey*. Rev. Lee Atherton.

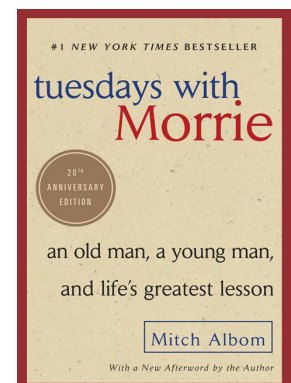
“This colorful, spiral-bound, pocket-size grief journal, created by Rev. Lee M. Atherton will be an invaluable resource for anyone grieving the death of a loved one or beloved pet. Thoughtfully written, it offers a brief reflective meditation, moving quotations, insightful questions for self-exploration, and heart-warming images of original artwork by the late Betty Burke, whom Lee helped care for during her life's ending and whose celebration-of-life ceremony Lee developed and led.”



Tuesdays With Morrie

Albom, M. (2008). *Tuesdays with Morrie*. London: Warner Books.

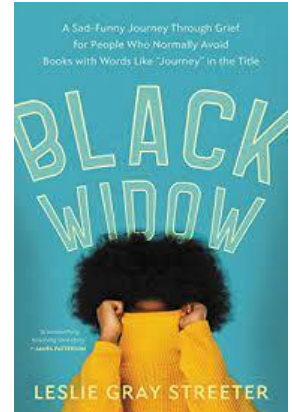
“Morrie is an extremely lovable college professor who—in his late sixties—finds out that he is dying. The story of his last few weeks on earth is told by Mitch, one of Morrie's former students, who happens to bump into him during his final days.”



Black Widow: A Sad-Funny Journey Through Grief for People Who Normally Avoid Books with Words Like ‘Journey’ in the Title

Streeter, L. (2020). *Black widow: A sad-funny journey through grief for people who normally avoid books with words like ‘journey’ in the title*. Little, Brown and Company.

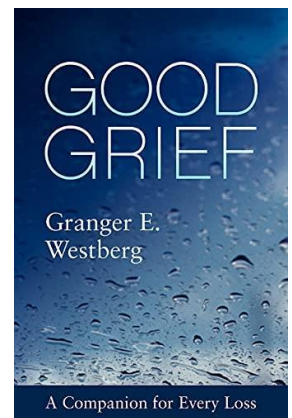
“Looking at widowhood through the prism of race, mixed marriage, and aging, *Black Widow* redefines the stages of grief, from coffin shopping to day-drinking, to being a grown-ass woman crying for your mommy, to breaking up and making up with God, to facing the fact that life goes on even after the death of the person you were supposed to live it with. While she stumbles toward an uncertain future as a single mother raising a baby with her own widowed mother, Leslie looks back on her love story with Scott, recounting their journey through racism, religious differences, and persistent confusion about what kugel is. Will she find the strength to finish the most important thing that she and Scott started? Tender, true, and endearingly hilarious, *Black Widow* is a story about the power of love, and how the only guide book for recovery is the one you write yourself.”



Good Grief: A Companion for Every Loss

Westberg, G.E. (2019). *Good grief: A companion for every loss*. 1517 Media.

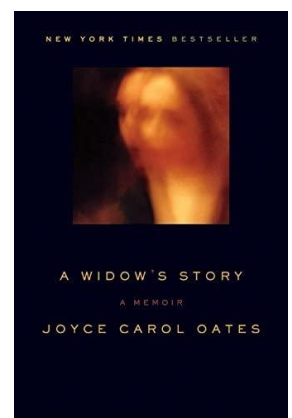
“*Good Grief* offers valuable insights on the emotional and physical responses persons may experience during the natural process of grieving something as small as a change in plans to something as traumatic and final as death. Reflection questions sprinkled throughout the book help readers explore their own experience with each stage of the grieving process.”



A Widow's Story: A Memoir

Oates, J. (2011). *A widow's story: a memoir*. New York: Ecco Press.

“*A Widow's Story* illuminates one woman's struggle to understand a life absent of the partnership that had sustained and defined her for nearly half a century. Joyce Carol Oates shares the derangement of denial, the anguish of loss, the disorientation of the survivor amid a nightmare of 'death duties,' and the solace of friendship.”



It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand

Devine, M. (2017). *It's ok that you're not ok: Meeting grief and loss in a culture that doesn't understand*. Boulder, CO: Sounds True.

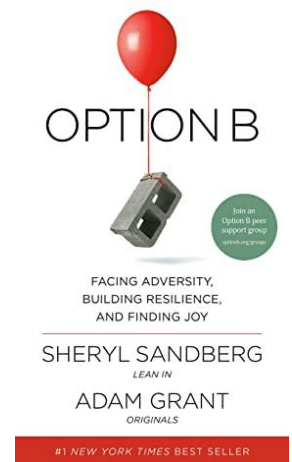
“In *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing.”



Option B: Facing Adversity, Building Resilience, and Finding Joy

Sandberg, S., & Grant, A. (2017). *Option B: Facing adversity, building resilience, and finding joy*. New York: Knopf.

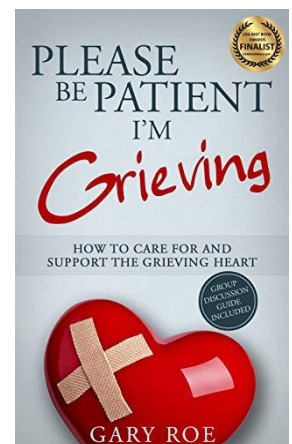
“After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build. *Option B* combines Sheryl's personal insights with Adam's eye-opening research on finding strength in the face of adversity.”



Please Be Patient, I'm Grieving: How to Care for and Support the Grieving Heart

Roe, G. (2016). *Please be patient, I'm grieving: How to care for and support the grieving heart*. CreateSpace Independent Publishing Platform.

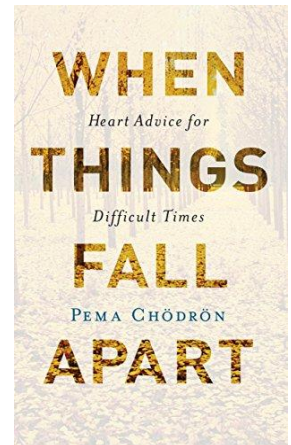
“Bestselling author, hospice chaplain, and grief specialist Gary Roe gives you a look at the grieving heart – the thoughts, emotions, and struggles within. If you're wanting to help someone who's grieving, you'll get a glimpse of what's going on inside them and be better able to love and support them. If you're in the midst of grief and loss, you'll see yourself as you read, and be encouraged that you aren't as weird or crazy as you thought.”



When Things Fall Apart

Chödrön, P. (2016). *When Things Fall Apart*. Boston: Shambhala Publications Inc.

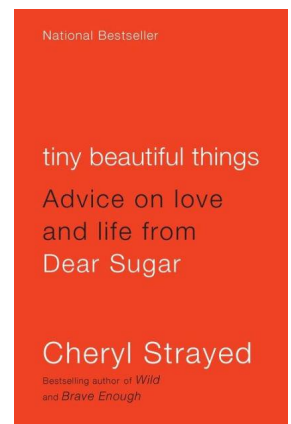
“How can we live our lives when everything seems to fall apart—when we are continually overcome by fear, anxiety, and pain? The answer, Pema Chödrön suggests, might be just the opposite of what you expect. Here, in her most beloved and acclaimed work, Pema shows that moving *toward* painful situations and becoming intimate with them can open up our hearts in ways we never before imagined. Drawing from traditional Buddhist wisdom, she offers life-changing tools for transforming suffering and negative patterns into habitual ease and boundless joy.”



Tiny Beautiful Things: Advice on Love and Life From Dear Sugar

Strayed, C. (2012). *Tiny beautiful things: Advice on love and life from Dear Sugar*. New York: Vintage Books.

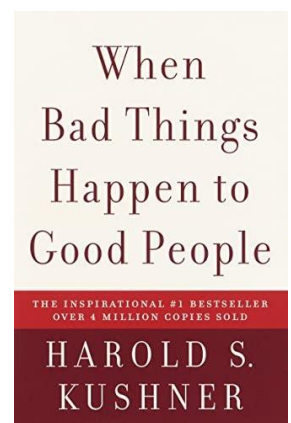
“Life can be hard: your lover cheats on you; you lose a family member; you can’t pay the bills—and it can be great: you’ve had the hottest sex of your life; you get that plum job; you muster the courage to write your novel. *Tiny Beautiful Things* is a collection of essays compiled from Strayed's "Dear Sugar" advice column, which she wrote anonymously, on *The Rumpus*, an online literary magazine”



When Bad Things Happen to Good People

Kushner, H. (2007). *When bad things happen to good people*. [Place of publication not identified]: Knopf Doubleday Publishing Group.

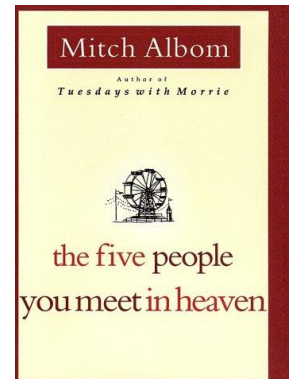
“When Harold Kushner’s three-year-old son was diagnosed with a degenerative disease that meant the boy would only live until his early teens, he was faced with one of life’s most difficult questions: Why, God? Years later, Rabbi Kushner wrote this straightforward, elegant contemplation of the doubts and fears that arise when tragedy strikes. In these pages, Kushner shares his wisdom as a rabbi, a parent, a reader, and a human being.”



The Five People You Meet in Heaven

Albom, M. (2010). *The five people you meet in heaven*. London: Sphere.

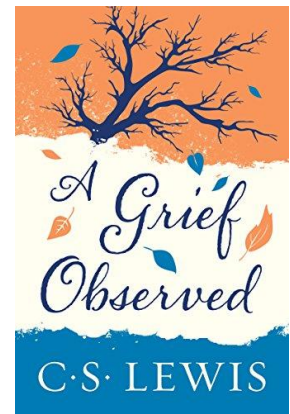
“*The Five People You Meet In Heaven* is a 2003 novel by Mitch Albom. It follows the life and death of a ride mechanic named Eddie who is killed in an amusement park accident and sent to heaven, where he encounters five people who had a significant impact on him while he was alive.”



A Grief Observed

Lewis, C. (2009). *A grief observed*. Pymble, NSW: HarperCollins ebooks.

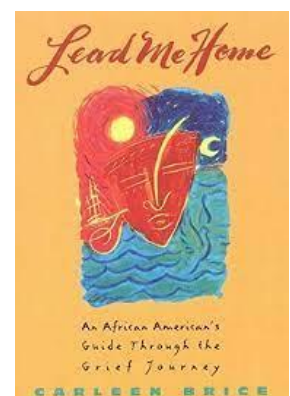
“A classic work on grief, *A Grief Observed* is C.S. Lewis’s honest reflection on the fundamental issues of life, death, and faith in the midst of loss. Written after his wife’s tragic death as a way of surviving the “mad midnight moments,” *A Grief Observed* an unflinchingly truthful account of how loss can lead even a stalwart believer to lose all sense of meaning in the universe, and the inspirational tale of how he can possibly regain his bearings.”



Lead Me Home: An African-American's Guide Through the Grief Journey

Brice, C. (1999). *Lead me home: An African-American's guide through the grief journey*. Harper Perennial.

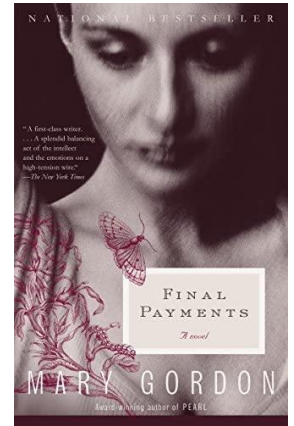
“When a loved one dies, we embark on a journey that is marked by anguish, confusion, fear, and loneliness. For African Americans, the grief journeys often includes more complicated and painful emotions: frustration with the knowledge that black men and women have a greater chance of dying from major common diseases than their white counterparts; anger at the frequency of drug- and violence-related deaths; and the collective grief of a community that has buried too many of its young people. In *Lead Me Home*, Carleen Brice gently guides you through the strange terrain of grief to the promise of home—a place where we have not only survived our losses, but are wiser and stronger because of them.”



Final Payments

Gordon, M. (2006). *Final payments*. New York, NY: Anchor Books.

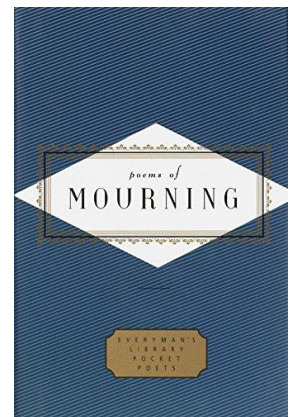
“When Isabel Moore's father dies, she finds herself, at the age of thirty, suddenly freed from eleven years of uninterrupted care for a helpless man. With all the patterns of her life suddenly rendered meaningless, she turns to childhood friends for support, gets a job, and becomes involved with two very different men. But just as her future begins to emerge, her past throws up a daunting challenge.”



Poems of Mourning

Washington, P. (1998). *Poems of mourning*. New York: Knopf.

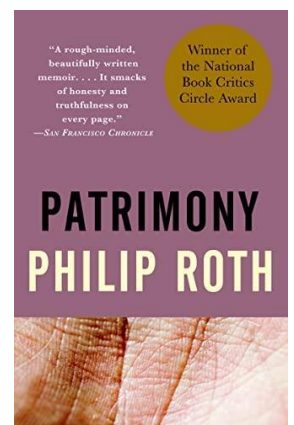
“Saluting, lamenting and honoring the dead are the poet's primal taste in all ages. But mourning has many forms and moods, and this collection explores them all, from Tennyson's black grief to Whitman's radiant melancholy, from Hardy's despair to Rochester's humor, from Sassoon's anger to Christina Rossetti's tender resignation.”



Patrimony: A True Story

Roth, P. (2008). *Patrimony: A true story*. New York, NY: Vintage Books.

“Roth watches as his eighty-six-year-old father—famous for his vigor, charm, and his repertoire of Newark recollections—battles with the brain tumor that will kill him. The son, full of love, anxiety, and dread, accompanies his father through each fearful stage of his final ordeal, and, as he does so, discloses the survivalist tenacity that has distinguished his father's long, stubborn engagement with life.”



The Dark Night of the Soul

John of the Cross and Backhouse, H. (2009). *The dark night of the soul*. London: Hodder.

“In *Dark Night of the Soul*, Saint John of the Cross presents for us a portrait painted from his own experience of one who advances successfully through the struggles of spiritual life. The dark night that St John describes is not abandonment by God but special consideration from Him for those who desire to purify and perfect their souls.”

