

## **Grief / Bereavement**

Attig, Thomas (2000). **The Heart of Grief: Death and the Search for Lasting Love**. Oxford University Press.

Devine, Megan (2017), **It's Okay That You're Not Okay**. Sounds True.  
Grief support and understanding that is heartfelt, straightforward, and wise.

Colgrove, M., Bloomfield, H., & McWilliams, P. (1991), **How to Survive the Loss of Love** (2<sup>nd</sup> ed.). Los Angeles: Prelude Press.

Kumar, Sameet (2005). **Grieving Mindfully**. New Harbinger Publications, Inc.

Rando, T. (1991), **How to Go On Living When Someone You Love Dies**. Bantam.  
An excellent self-help book offering practical ways to recover from a death. Rando is one of the foremost authorities on grief and complicated mourning.

Rossoff, Barbara. (1994) **The Worst Loss – How Families Heal From the Death of a Child**. Henry Holt and Company.

Cacciatore, J. (2017), **Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief**. . Wisdom Publications. If you love, you will grieve—and nothing is more mysteriously central to becoming fully human.

## **INSPIRATION**

Bowler, Kate (2019), **Everything Happens for a Reason: And Other Lies I've Loved**. Random House. A meditation on sense-making when there's no sense to be made.

Remen, R.N. (1996). **Kitchen Table Wisdom: Stories that Heal**. NY, Riverhead Books.

Zeitlan, S. and Harlow, I. (2001), **Giving a Voice to Sorrow: Personal Responses to Death Mourning**. Peregrine Books.

## **Web Sites**

Dougy Center for child/teen grief  
[www.dougy.org](http://www.dougy.org)

<https://hospicefoundation.org/Hospice-Directory>

The Hospice Foundation of America hospice directory allows you to locate hospices in your area that you can call to access grief resources (e.g., support groups, materials, counseling). Access the “Care Compare” link to search for hospices near to you.

[www.helpguide.org](http://www.helpguide.org)