

Suggested Reads

Soon after my son's death, I found myself reading any-and-all grief books that I could. I needed to not only understand what I might expect in this horrible journey but I also wanted to see if I could relate to others' experiences. The knowledge that we are never alone in this journey was a big revelation for me and once I could concentrate and read a book after Joby's death, I plunged into it. Therefore, reading became my first step in helping myself and my family cope with our grief.

These books are just **some** of the resources that have helped me with my personal grief but there is a myriad of grief books available to all of us that best relate to our journey and experiences.



Brenda H. Greene
Author Speaker

I hope the following will be a good start for you.

1. On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss, Elisabeth Kübler-Ross
2. Death: The Final Stage of Growth, Elisabeth Kübler-Ross
3. Mourning and Dancing: A Memoir of Grief and Recovery, Sally Downham Miller, Ph.D.
4. Mourning and Dancing for Schools: A Grief Recovery Sourcebook for Students, Teachers and Parents, Sally Downham Miller, Ph.D.
5. Lament for a Son, Nicholas P. Wolterstorff
6. Gone but Not Lost: Grieving the Death of a Child, David W. Wiersbe
7. Jonathan: You Left Too Soon, David B. Biebel
8. When Bad Things Happen to Good People, Harold S. Kushner
9. Good Grief: 50th Anniversary Edition, Granger E. Westberg
10. Roses in December: Comfort for the Grieving Heart, Marilyn Willett Heavilin
11. My Companion Through Grief: Comfort for Your Darkest Hours, Gary Kinnaman
12. Companion to Grief: Finding Consolation When Someone You Love Has Died, Patricia Kelley
13. Missing: A Family's Triumph in the Tragedy No Parent Ever Wants to Face, Fay L. Overly
14. The Seat of the Soul: 25th Anniversary Edition with a Study Guide, Gary Zukav
15. Talking to Heaven: A Medium's Message of Life After Death, James Van Praagh



The Centering Corporation is a non-profit organization dedicated to providing education and resources for the bereaved and their caregivers. The Grief Digest is their main grief magazine but they also offer various reads on grief.

Website: www.centering.org