



Helping you through
your grief journey:
Book Resources



Grief is a normal reaction to the loss of someone you love and has been a part of the human condition since the beginning of time.

How you experience grief is unique to you and is impacted by your relationship with the person you lost, the circumstances surrounding the loss and many other factors. There is no single solution to grief. Instead, gaining understanding of grief and finding support when you need it are key to navigating your journey through grief.

To help you through your grief journey we have consulted with grief experts, clinicians and people who have experienced loss to compile a curated collection of books that might be helpful for you as you seek understanding and support.

This list consists of books that provide insight into various types of grief and loss, and is organized into categories like “Partner Loss,” “Teen Grief” and “Children’s Grief”. Eversight is not affiliated with any of these books and inclusion on this list does not infer an endorsement of any organization or website.

Spouse/Partner Loss:

Comfort for the Grieving Spouse’s Heart: Hope and Healing After Losing Your Partner

Gary Roe

The loss of a life partner can be traumatic. Oblivious to our suffering, the world around us speeds on as if nothing happened. Stunned, shocked, sad, confused, and angry, we blink in disbelief. Our hearts are broken. Our souls shake. We look for comfort. Our broken, grieving hearts need it to survive. Multiple award-winning author, hospice chaplain, and grief counselor Gary Roe is a trusted voice who has been helping wounded, grieving hearts find hope and healing for more than three decades. Written with heartfelt compassion, this warm, easy-to-read, and practical book reads like a caring conversation with a friend and will become a comforting companion as you navigate the turbulent waters of grief.

Finding Your Way After Your Spouse Dies

Marta Felber

After suffering the death of a spouse there are few things people need more than the warm, reassuring voice of someone who has already traveled—and survived—this journey. In *Finding Your Way After Your Spouse Dies*, Marta Felber offers such a voice; caring, hopeful, always pointing ahead to a tomorrow that will be a little easier than today. Having experienced her own spouse's death, Felber is never glib or simplistic. She knows the grief her readers are feeling, and she encourages them to give it full expression. At the same time, she offers sound, practical suggestions on how to navigate difficult days. This book doesn't shy away from the difficult issues of bereavement. Felber gently urges her readers toward careful, honest examination of the challenges that they face.

Grief Diaries: Loss of a Spouse

Lynda Cheldelin Fell

Losing a spouse means losing far more than just a beloved life partner. For many it can also mean a loss of income, a shift in friendships and other relationships, and learning to live as an individual after years living as part of a team. Part of the award-winning Grief Diaries series, *Surviving Loss of a Spouse* offers inspiring real-life stories of griever who take readers on their own poignant journey into widowhood. Filled with grit, compassion and collateral blessings, the stories offer readers wisdom to lean on and learn from, to help them feel less alone, and offers hope that love truly lives forever in our hearts.

When Your Soulmate Dies: A Guide to Healing Through Heroic Mourning

Alan D. Wolfelt, Ph.D

You were one of the lucky ones. You found a partner or friend with whom you shared a deeply profound connection. You understood, opened fully to, served, and challenged one another. You were the heroes of each other's lives. You lived a grand adventure together. But now that your partner has died, what felt like luck may have turned to despair. How do you go on? How do you live without your champion and other half? The answer is that you mourn as you loved: heroically, grandly, and fully. In this compassionate guide by one of the world's most beloved grief counselors, you'll find empathetic affirmation and advice intermingled with real-life stories from other halved soulmates. Learn to honor your loved one and your grief even as you find a path to a renewed life of purpose and joy.

Fighting Forward: A Widow's Journey from Loss to Life

Jan Owen

Fighting Forward: A Widow's Journey from Loss to Life bravely explores the heartaches and questions of widowhood and grief on a deeply personal level while offering readers the hope and possibility of a new, even joyous, life. Jan encourages us to choose to live again even when we cannot see the future, to allow ourselves to be enlarged by our experience even as we sit in the dark. We must choose to keep marching on, fighting forward as we strive to build a new life full of hope and purpose.

A Widow's Guide to Healing: Gentle Support and Advice for the First 5 Years

Kristin Meekhof & James Windell

When Kristin Meekhof lost her husband to cancer, she discovered what all widows learn: the moment you lose your partner, you must make crucial decisions that will impact the rest of your life. But where do you begin when your world is suddenly turned upside down? This inspiring book shows grieving widows what to expect in those difficult first five years, and how to deal with the challenges of expectantly losing a life partner, including: finances, estates, medical bills, single parenthood, being a widow in the workplace, and navigating social situations by yourself. With Meekhof's firsthand experience and gentle understanding, this book goes beyond shining comforting candle in the darkness of loss. It encourages them to tackle these tumultuous and painful first five years along with their grief and moves to a more hopeful future.

The Group: Seven Widowed Fathers Reimagine Life

Donald L. Rosenstein & Justin M. Yopp

The Group offers a singular perspective on grief by weaving together the latest thinking on bereavement, resiliency, and post-traumatic growth with the true story of seven men who were raising children on their own after the deaths of their wives. These men connected with each other almost immediately, and over the next several years forged a deep bond as their monthly meetings evolved into a forum for healing and personal reinvention that transformed them in unexpected ways.

The authors co-led the support group and partnered with the men to write their story, which is interspersed with the latest in bereavement research conveyed in an easily relatable way. The fathers' touching efforts to care for themselves, their families, and each other offers a gripping narrative that shows how each of us has the potential to rebuild new and meaningful lives. Powerful, enlightening and hopeful, *The Group* will help you make sense of grief and inspire you to reimagine your life moving forward.

The Widower's Journey: Helping Men Rebuild after Their Loss

Herb Knoll with Deborah Carr, Ph.D and Robert L. Frick

As a bank executive, Herb Knoll was known as a man who could get the job done. But when Knoll lost his wife to cancer, he found few resources written to address some of the challenges that can be unique to him. The more he learned about the plight of widowers, from high suicide rates to physical and emotional problems, the more he became motivated to write a book with fellow widowers, for fellow widowers. Knoll breaks down barriers that block men in their journey to recovery. He encourages men to seek out the fellowship of other widowers, and he provides resources that men need to move forward. He also identifies how society can fail widowers and spells out how institutions need to change so widowers can receive the support they need.

Traumatic Loss:

Transforming Traumatic Grief: Six Steps to Move from Grief to Peace after the Sudden or Violent Death of a Loved One

Courtney Armstrong

Although losing someone you love to a sudden or violent death is a shocking experience, there are steps you can take to heal. This book provides compassionate support and creative ways to soothe and transform your emotions with powerful, but simple strategies that are intended to:

- Promote healing and calm feelings of anxiety, anger, or despair.
- Alleviate nightmares, intrusive images, and ruminating thoughts.
- Relieve guilt and regrets so people can remain open to new experiences in life after experiencing loss.
- Help people to get the kind of support they want and need from other people in their lives.
- Retain “the living story” of a lost loved one and sense them as a positive presence in life.

Dying to Be Free: A Healing Guide for Families After a Suicide

Beverly Cobain and Jean Larch

Honest, gentle advice for those who have survived an unspeakable loss—the suicide of a loved one. Processing the heartbreak of a loved one's suicide is incredibly challenging, but you don't have to go through it alone. Authors Beverly Cobain and Jean Larch break through suicide's silent stigma in *Dying to Be Free*, offering gentle advice for those left behind, so that healing can begin.

The Gift of Second: Healing from the Impact of Suicide

Brandy Lidbeck

After a suicide, loved ones painfully struggle to make sense of the unexplainable tragedy. *The Gift of Second* comes alongside loss survivors and helps them navigate the common pitfalls for those left behind. It offers hope and encouragement to guide survivors through this desperate time. In *The Gift of Second*, you will:

- Explore the ins and outs of grief and trauma.
- Release the guilt and shame survivors carry.
- Recognize how to take care of yourself.
- Gain practical tips for enduring the first year.
- Discover what helps other survivors.
- Determine when to seek professional help.
- STOP replaying the past and blaming yourself.
- START healing in a healthy way.

Grief Diaries: Surviving Loss by Suicide

Lynda Cheldelin Fell

Part of the award-winning Grief Diaries series, *Surviving Loss by Suicide* shares the poignant stories of people who have all lost someone they love. Covering tender issues such as surviving the funeral and transition, navigating the holidays, handling sensitive questions and more, *Surviving Loss by Suicide* is a wonderful source of comfort for all who share the journey, and offers a treasured reminder that none of us walk this journey alone.

From Heroin to Hope: Making Sense of the Loss of a Child

Marsha Wiggins

In *From Heroin to Hope: Making Sense of the Loss of a Child*, professional counselor Dr. Marsha Wiggins describes the unique aspects of grieving a child lost to drugs and offers compelling insights into how to navigate grief. A professor emerita of counseling at the University of Colorado Denver and retired ordained clergywoman, Dr. Wiggins shares her experience of losing her son to a heroin overdose and relates ways she coped with this heart-breaking loss. Using grief and loss research and personal vignettes, Dr. Wiggins opens the door to healing for those suffering the agony of losing a child to addiction.

Grief Diaries: Surviving Loss by Overdose

Lynda Cheldelin Fell, Shannie Jenkins and Whitney O'Brien

Part of the 5-star book series, Grief Diaries, *Surviving Loss by Overdose* is a compilation of stories by 12 people who answered 18 questions about losing a loved one to overdose in hopes of raising awareness, educating, and inviting society to offer survivors the compassion that's often denied in a stigmatized death.

Grief Diaries: Surviving Loss by Homicide

Lynda Cheldelin Fell

Part of the 5-star book series, Grief Diaries, *Surviving Loss by Homicide* shares the poignant journeys of men and women seeking healing and hope in the aftermath of losing a loved one to murder. Offering 10 firsthand accounts about navigating the legal system, sorting belongings, facing the holidays and more, readers who share the same path will find comfort and compassion, family and friends will gain better understanding, and professionals will appreciate the rich spectrum of journeys narrated by writers from around the world.

Of Grief, Garlic and Gratitude: Returning to Hope and Joy from a Shattered Life - Sam's Love Story

Kris Francoeur

Of Grief, Garlic and Gratitude follows the first thirty months after Sam Francoeur's death from an accidental opiate (prescription) overdose. His mother, Kris Francoeur, shares her journey from the first crushing days to her eventually being able to find light, joy and hope again through the practices of conscious and deliberate gratitude, unconditional acceptance of others, and making strong connections to the natural world.

Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death

Alan D. Wolfelt

Dealing with grief in a practical manner, this guide offers compassionate tips for those affected by a traumatic death. Included are topics such as coping with family stress, expressing feelings of hurt and anger, dealing with hurtful comments, and exploring feelings of guilt. Each of the 100 suggestions are aimed at reducing the confusion, anxiety, and huge personal void in order to help survivors begin their lives again. Some of the tips include understanding the special characteristics of trauma grief, planting a tree in memory of the person who died, and making connections with others affected by a similar death.

No Time for Goodbyes: Coping With Sorrow, Anger, and Injustice After a Tragic Death

Janice Harris Lord

Janice Harris Lord's definitive and beloved guide is now available in its 7th edition, completely enhanced and updated. Survivors grieving the tragic death of a loved one will find here deep understanding and insight as well as detailed practical information on dealing with legal and financial issues. Eloquent comments from survivors are combined with the author's many years of research and experience to make this an incredibly helpful resource. *No Time for Goodbyes* is used extensively by grieving families as well as numerous professionals and organizations.

Teen Grief:

Chill and Spill

Steffanie Lorig, Jeanean Jacobs

An appealing journal that helps you articulate and transform issues you are dealing with through creative writing and expressive art activities. Created by nonprofit, Art with Heart, this book features 21 award-winning artists and helps to facilitate emotional healing. It's a safe place to yell, cry, boast, dream and evolve. Created to help teens with the emotional fall out from life, this book has been used by teachers, counselors, and others who know the value of utilizing your imagination to rise above challenges. This book is a balance of full-color printed pages with guided activities and five blank sheets which allow for personal exploration.

Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief & Finding Meaning after Loss

Erica Goldblatt Hyatt

Losing a loved one—at any age—is devastating. But if you're a teen who has lost a sibling, this loss can feel even more so. Siblings are lifetime playmates, confidants, role models and friends. After losing a brother or sister, you may feel like a part of yourself is missing. You may also feel lonely, depressed and anxious. These are all normal reactions. But even though the pain feels unmanageable now, there are ways you can start to heal. This book will show you how.

A Grieving Teen: A Guide for Teens and Friends

Helen Fitzgerald

In this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives teens the tools they need to work through their pain and grief. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school and the courage needed to move forward with one's own life.

The Healing Your Grieving Heart Journal for Teens

Alan D. Wolfelt

Considering how difficult it is just to survive the teenage years, the grieving process can be especially difficult and overwhelming. This journal affirms the grieving teen's journey and offers gentle, healing guidance. To sort through their confusing feelings and thoughts, teens are prompted to explore simple, open-ended questions. Teens are encouraged to write what they miss about the person who died, the specific feelings that have been most difficult since the death, or the things they wish they had said to the person before they died.

Healing Your Grieving Heart for Teens: 100 Practical Ideas

Alan D. Wolfelt

With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies.

Parental Death: The Ultimate Teen Guide (It Happened to Me)

Michelle Shreeve

Shreeve offers a variety of ways in which young people can cope with this tough experience. In addition to outlining the universal difficulties of losing a parent, the author also points out the unique dynamics of specific losses—sons who lose fathers, daughters who lose mothers, sons who lose mothers, and daughters who lose fathers—and what those losses can mean for their future development.

The Remarkable Journey of Coyote Sunrise

Dan Gemeinhart

Five years. That's how long Coyote and her dad, Rodeo, have lived on the road in an old school bus, crisscrossing the nation. It's also how long ago Coyote lost her mom and two sisters in a car crash. Coyote hasn't been home in all that time, but when she learns that the park in her old neighborhood is being demolished—the very same park where she, her mom, and her sisters buried a treasured memory box—she devises an elaborate plan to get her dad to drive 3,600 miles back to Washington state in four days...without him realizing it. Over the course of thousands of miles, Coyote will learn that going home can sometimes be the hardest journey of all...but that with friends by her side, she just might be able to turn her “once upon a time” into a “happily ever after.”

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love

Earl A. Grollman

If you are a teenager whose friend or relative has died, this book was written for you. Earl A. Grollman, the award-winning author of *Living When a Loved One Has Died*, explains what to expect when you lose someone you love.

Teen Grief: Caring for the Grieving Teenage Heart

Gary Roe

Born of personal experience and more than three decades of interacting with grieving teens, this informative, practical handbook is replete with guidance, insight, and ideas for helping teens navigate the turbulent waters of loss. Though *Teen Grief* primarily focuses on losses due to death, the principles discussed can be applied to any loss a teen might be experiencing.

Weird is Normal When Teenagers Grieve

Jenny Lee Wheeler

Teens grieve differently from adults and often get lost in the shuffle after the death of a loved one. *Weird Is Normal When Teenagers Grieve* is unique because it's a self-help book for grieving teens written by an actively grieving teen. Author Jenny Lee Wheeler lost her father to cancer when she was fourteen and validates for her peers that they have the right to grieve in their own way and according to their own timetable, that their grief attacks might be different from those of adults around them, and that they aren't going crazy if they see signs from their loved one.

Siblings Loss:

The Empty Room: Surviving the Loss of a Brother or Sister at Any Age

Elizabeth DeVita-Raeburn

With an inspired blend of life experience, journalistic acumen, and research training, DeVita-Raeburn draws on interviews of more than two hundred survivors to render a powerful portrait of the range of conditions and emotions, from withdrawal to guilt to rage, that attend such loss. Finding little in professional literature, she realizes that those who suffer are the experts. And in the end, it is DeVita-Raeburn and her experts who present a larger, more complex understanding of the sibling bond, the lifelong impact of the severing of that bond, and the tools needed to heal and move forward.

Grief Diaries: Loss of a Sibling

Lynda Cheldelin Fell

When we lose a sibling, we lose part of our identity. Our whole life shifts, and the intensity of our emotions in the swirling aftermath is overwhelming. Part of the award-winning Grief Diaries series, *Surviving Loss of a Sibling* shares the tender journeys of 13 people in the aftermath of losing a sister or brother. Filled with answers to poignant questions, each shares insight into the process of coping with the loss of their sibling and plays a vital role in surrounding readers with warmth and comfort as they seek healing and understanding along their own journey.

Healing the Adult Sibling's Grieving Heart: 100 Practical Ideas After Your Brother or Sister Dies

Alan D. Wolfelt

Compassionate and heartfelt, this collection offers 100 practical ideas to help understand and accept the passing of a sibling in order to practice self-healing. The principles of grief and mourning are clearly defined, accompanied by action-oriented tips for embracing bereavement. Whether a sibling has died as a young or older adult or the death was sudden or anticipated, this resource provides a healthy approach to dealing with the aftermath.

Sibling Grief: Healing After the Death of a Sister or Brother

P. Gill White

Sibling Grief is White's validation of the emotional significance of sibling loss. She draws on both clinical experience and her own deeply personal experience, along with wisdom from hundreds of bereaved siblings, to explain the five healing tasks unique to sibling grief. White also describes the dream patterns of bereaved siblings, showing how healing is reflected in the dream state. Throughout, she illustrates the long-lasting connection between siblings—a connection that death itself cannot sever.

Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies

T.J. Wray

When T.J. Wray lost her 43-year-old brother, her grief was deep and enduring and, she soon discovered, not fully acknowledged. Despite the longevity of adult sibling relationships, surviving siblings are often made to feel as if their grief is somehow unwarranted. After all, when an adult sibling dies, he or she often leaves behind parents, a spouse, and even children—all of whom suffer a more socially recognized type of loss. Based on the author's own experiences, as well as those of many others, *Surviving the Death of a Sibling* helps adults who have lost a brother or sister to realize that they are not alone in their struggle. Just as important, it teaches them to understand the unique stages of their grieving process, offering practical and prescriptive advice for dealing with each stage.

Parent Loss:

The Dead Moms Club: A Memoir about Death, Grief, and Surviving the Mother of All Losses

Kate Spencer

Kate Spencer lost her mom to cancer when she was 27. In *The Dead Moms Club*, she walks readers through her experience of stumbling through grief and loss, and helps them get through it, too. This isn't a weepy, sentimental story, but rather a frank look at what it means to go through gruesome grief and come out on the other side. *The Dead Moms Club* covers how losing her mother changed nearly everything in Spencer's life. And it offers cheeky but useful tips for readers throughout – like the “It's None of Your Business Card,” to copy and hand out to nosy strangers. Anyone who has lost a parent or loved one will be comforted and consoled by this empathetic book.

Healing After the Loss of Your Mother: A Grief & Comfort Manual

Elaine Mallon

A heartfelt and practical guidebook for those mourning the loss of their mother and for supporters hoping to help a loved one through grief. Like a compassionate friend, author Elaine Mallon captures the raw, unique pain of losing your mother with empathy, honesty and eloquence. She tenderly walks the reader through each step of the grieving process, offering straightforward answers to many common questions and addressing fears faced by those in grieving, as well.

Loss of a Parent: Adult Grief When Parents Die

Theresa Jackson

Theresa Jackson lost her father in 2007 and has since put together useful clinical and healing resources for others in the same position, to help them recover. With a Master's degree in clinical research, Theresa has combined the latest theories and practices on loss, with effective meditations and exercises so that you can honor and remember your lost parent, all while processing your grief in a healthy way. Sharing her and others' personal journeys of coming to terms with the loss of a parent, she hopes to help more bereaved adult children on their healing journeys.

Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies by Alan Wolfelt

Alan D Wolfelt

Offering heartfelt and simple advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language, but provides small, immediate ways to understand and reconcile grief. Some of the action-oriented tips include writing down memories, completing a task or goal left unfinished by your deceased parent, or honoring the parent's birthday. In addition, the common challenges that face grieving adult children, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed clearly and concisely.

The Fatherless Daughter Project: Understanding Our Losses and Reclaiming Our Lives

Denna Babul and Karin Luise

Losing a father comes with particular costs that vary depending on the way he left and how old a girl was when she lost him. Drawing on interviews with over 5,000 women who became fatherless due to death, divorce, neglect and outright abandonment, the authors have found that fatherless daughters tend to push their emotions underground. Delivered with compassion and expertise, this book allows readers support and understanding they never had when they first needed it, and it encourages the conversation to continue.

The Orphaned Adult: Understanding and Coping With Grief and Change After The Death Of Our Parents

Alexander Levy

Losing our parents when we ourselves are adults is in the natural order of things, a rite of passage into true adulthood. But whether we lose them suddenly or after a prolonged illness, and whether we were close to or estranged from them, this passage proves inevitably more difficult than we thought it would be. From the recognition of our own mortality and sudden child-like sorrow to a sometimes-subtle change in identity or shift of roles in the surviving family, *The Orphaned Adult* guides readers through the storm of change this passage brings and anchors them with its compassionate and reassuring wisdom.

Healing from The Loss of a Parent: Adult Grief When A Parent Dies. How To Recover And Find Strength After Losing Your Beloved Parent.

Martina Roswell

Anyone who has lost a parent has come face to face with the uncertainty of life's duration. Let's face it; Getting over the death of a parent is extremely hard. Death embeds deep in you a knowledge of your instability and insecurity until a new self emerges out of your shattered identity. The death of your parent leaves a huge hole in your life, and no one understands how incredibly alone you are. *Healing from The Loss of a Parent* provides you with a shoulder to lean on. For those who have built a profound relationship with bereavement and are tired of journeying through the desert of grief alone, this book offers strength and companionship for the journey.

Child Loss:

Beyond Tears: Living After Losing a Child

Ellen Mitchell

Meant to comfort and give direction to bereaved parents, *Beyond Tears* is written by nine mothers who have each lost a child. This revised edition includes a new chapter written from the perspective of surviving siblings. This sharing is a catharsis and because each of these mothers lost their child at least seven years ago, they are in a unique position to provide perspective on what newly bereaved parents can expect to feel. The mothers of *Beyond Tears* offer reassurance that the clouds of grief do lessen with time and that grieving parents will find a way to live and even laugh again.

Grieving Dads: To the Brink and Back

Kelly Farley with David DiCola

Grieving Dads: To the Brink and Back is a collection of candid stories from grieving dads that were interviewed over a two-year period. The book offers insight from fellow members of, in the haunting words of one dad, "this terrible, terrible club," which consists of men who have experienced the death of a child. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale.

Healing a Parent's Grieving Heart: 100 Practical Ideas after Your Child Dies

Alan D. Wolfelt

Presenting simple yet highly effective methods for coping and healing, this book provides answers and relief to parents trying to deal with the loss of a child. It offers 100 practical, action-oriented tips for embracing grief, such as writing a letter to the child who has died; spending time with others who will listen to stories of grief; creating a memory book, box, or website; and remembering others who may still be struggling with the death. The guide also addresses common problems for grieving parents, including dealing with marital stress, helping surviving siblings, dealing with hurtful advice, and exploring feelings of guilt. This compassionate resource will aid parents who have been through the death of a child—whether the passing happened recently or many years ago, whether the child was young or an adult.

Life After the Death of My Son: What I'm Learning

Dennis L. Apple

Life After the Death of My Son shares a glimpse of the unspeakable pain, helplessness, frustration, and eventual healing that Dennis and his wife, Buelah, have experienced since losing their son. Using excerpts from his journal—which he began the day after Denny died—Dennis explores the dark, lonely road of grieving for a child. He discloses his anger and disappointment with God, discusses his frustrations with friends and family, and shares how he's dealt with the grief attacks, which continue to sneak up and surprise him. His painful, yet promising story offers comfort and connection to those walking similar paths.

Shattered: Surviving the Loss of a Child (Good Grief Series)

Gary Roe

Unthinkable. Unbelievable. Heartbreaking. Whatever words we choose, they all fall far short of the reality—the loss of a child is a terrible thing. How do we survive this? Can we? *Shattered: Surviving the Loss of a Child* was written to help. Bestselling author, hospice chaplain, and grief specialist Gary Roe uses his three decades of experience interacting with grieving parents to give us this heartfelt, easy-to-read, and intensely practical book. In *Shattered*, Roe walks the reader through the powerful impact a child's death can have emotionally, mentally, physically, relationally and spiritually.

Surviving the Unthinkable: The Loss of a Child

Janice Bell Meisenhelder

This is an eye-opening, heartwarming, life-giving book, filled with hope, truth, faith, inspiration, motivation and day by day comforting suggestions - a real GPS for the heart and soul. Reflecting on her personal loss, and her wealth of knowledge as a nurse and college professor, told in her warm, inviting, down-to-earth writing style giving her readers confidence and tools to survive, believing they will have a meaningful life again. Although the book is focused on bereaved moms with a section written especially for family and friends, it's practical, powerful message delivered through numerous, valuable topics can inspire anyone who lost a loved one, tenderly guiding them through the challenges and roller coaster ride of grief and all there is to learn about the grief process.

The Unspeakable Loss: How Do You Live After a Child Dies?

Nisha Zenoff

No matter where you are in your grieving process, *The Unspeakable Loss* provides a space to mourn in your own way, and helps you understand how the death of a child affects siblings, other family members and friends, recognizing that we each grieve differently. And while there is no one prescription for healing, Zenoff provides tools to practice the important aspects of grieving that are easily forgotten-- self-compassion and self-care.

The Voice of an Angel: A Mother's Guide to Grief and How to Thrive After the Loss of a Child

Marcy Stone

If you are reading this, you have just experienced every parent's worst nightmare, the loss of your beloved child. And while you are completely numb, yet feel like you're suffocating, you intrinsically know you can and will survive this insufferable loss. Despite the pain, you want to thrive again with an open heart and make a difference in your life and in the lives of those who will continue to walk by your side and look to you for strength. This book will guide you through the true process of grieving, identify and embrace your new reality, teach you to trust your inner wisdom, and to better understand the soul's journey.

Loss of a Grandchild:

Healing a Grandparent's Grieving Heart: 100 Practical Ideas After Your Grandchild Dies

Alan Wolfelt

This heartfelt manual is an indispensable and easily referenced resource for grieving grandparents, offering them a way forward after the death of a grandchild. Whether they were close to their grandchild and keenly feeling his or her absence, or even if they were not close to the child and are mourning the loss of a relationship they'll never have, this book offers grandparents compassionate comfort and practical ideas for their journey through grief, addressing as well the unique pain of watching their children mourn the loss of their child. The ideas offered in the book clarify the basic principles of grief and mourning and offer immediate suggestions for things grandparents can do to embrace their grief, honor and remember their grandchild, and begin to heal.

When a Grandchild Dies: What to Do, What to Say, How to Cope

Nadine Galinsky Feldman

The death of a grandchild is one of life's most heart-wrenching experiences. You not only grieve loss that is "out of the order of things," but you see your own child suffering and feel powerless to help. Friends and family are often focused on the feelings of your bereaved child, so your own grief may be misunderstood and minimized. *When a Grandchild Dies* honors the unique grief of grandparents and includes stories and quotes from those who have experienced such a loss.

Loss of a Grandparent:

Goodbye Grandma: The Sympathy Book Series (Grief Book for Kids)

Denise Gibb

Goodbye Grandma uses true-to-life photographs offset with delightful illustrations to show children of all ages what to expect after Grandma dies. Altogether, this gentle approach makes difficult discussions about death, grief and loss age appropriate. But best of all, *Goodbye Grandma* focuses on talking, sharing and doing until everyone in the family finds happiness again.

Goodbye Grandpa: The Sympathy Book Series (Grief Book for Kids)

Denise Gibb

With a modern take on the storybook format, *Goodbye Grandpa* uses true-to-life photographs offset with delightful illustrations to show children of all ages what to expect after Grandpa dies. But unlike a fictional story, this gentle approach makes difficult discussions about Grandpa's death, his funeral and associated grief age appropriate. But best of all, *Goodbye Grandpa* focuses on talking, sharing and doing activities until everyone in the family finds happiness again.

Tell Me About Heaven, Grandpa Rabbit!: A book to help children come to terms with losing someone special. (Grief Book for Kids)

Jenny Album

Tell Me About Heaven, Grandpa Rabbit!, has quickly become one of the best loved bereavement books for children. This gentle and uplifting story is designed to help young children come to terms with losing someone special.

Organ, Eye and Tissue Donation:

A Life Everlasting: The Extraordinary Story of One Boy's Gift to Medical Science

Sarah Gray

Sarah's journey to find solace and understanding takes her beyond her son's donations—offering a breathtaking overview of the world of medical research and the valiant scientists on the horizon of discovery. She goes behind the scenes at organ procurement organizations, introducing skilled technicians for whom death means saving lives, empathetic counselors, and the brilliant minds who are finding surprising and inventive ways to treat and cure disease through these donations. She also shares the moving stories of other donor families.

The Gift That Heals: Stories of Hope, Renewal and Transformation Through Organ and Tissue Donation

Reg Green

The stories in this book are about life coming out of death. A police officer, left for dead in a hail of bullets, can golf and fish again; a woman, whose lungs were at one time so diseased that she was dependent on oxygen, has since climbed 5,000 feet to the summit of Half Dome in Yosemite National Park carrying a 25-pound backpack; a man who was fighting for his life went on to become an Olympic champion. On one side, they tell of transplanted human organs and tissue transforming lives and, on the other, the inspiring selflessness of the families who donated at the bleakest moment of their lives. *The Gift that Heals* is published jointly by United Network for Organ Sharing (www.unos.org) and the Nicholas Green Foundation (www.nicholasgreen.org). It was written by Reg Green, the father of a 7year-old California boy, Nicholas, who was shot in an attempted robbery while the family was on vacation in Italy. The story captured the imagination of the world when he and his wife, Maggie, donated their son's organs and corneas to seven Italians.

Through A Childs Eyes: Explaining death, organ donation, cremation, burial and cemeteries to young children using terminology they can understand

Karen A. Longstreth

Danny and Patricia were looking forward to summer break. Then they found out that Grandpa Hank was sick and was going to die. Don and Emma were so worried. How were they going to explain death, organ donation, cremation, burial and cemeteries to their children? In *Through A Childs Eyes* you will learn:

- How to use age-appropriate language to explain these things to children.
- Find a helpful question section with some informative answers to help grieving young children.
- Find work pages with space for children to answer questions and create drawings to remind them of what their loved one looked like, what they liked and how the child is feeling.

Additional Books of Note:

Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief

Joanne Cacciatore

Bearing the Unbearable is a companion for life's most difficult times, revealing how grief can open our hearts to connection, compassion and the very essence of our shared humanity. Dr. Joanne Cacciatore—bereavement educator, researcher, Zen priest and leading counselor in the field—accompanies readers along the heartbreaking path of love, loss and grief. Through moving stories of her encounters with grief over decades of supporting individuals, families and communities—as well as her own experience with loss—Cacciatore opens a space to process, integrate and deeply honor our grief.

Healing Your Grieving Heart: 100 Practical Ideas

Alan Wolfelt

With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, it explains how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. Each book, geared for mourning adults, teens, or children, provides ideas and action-oriented tips that teach the basic principles of grief and healing. These ideas and activities are aimed at reducing the confusion, anxiety and huge personal void so that living their lives can begin again.

How To Go On Living When Someone You Love Dies

Therese Rando

Mourning the death of a loved one is a process all of us will go through at one time or another. But whether the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person's response to loss will be different. Now, in this compassionate, comprehensive guide, Therese A. Rando, Ph.D., bereavement specialist and author of *Loss and Anticipatory Grief*, leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.

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

Megan Devine

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. She debunks the culturally prescribed goal of returning to a normal, “happy” life, replacing it with a far healthier middle path, one that invites readers to build a life alongside grief rather than seeking to overcome it. In this compelling and heartfelt book, you'll learn:

- Why well-meaning advice, therapy and spiritual wisdom so often ends up making it harder for people in grief
- How challenging the myths of grief—doing away with stages, timetables and unrealistic ideals about how grief should unfold—allows us to accept grief as a mystery to be honored instead of a problem to solve
- Practical guidance for managing stress, improving sleep and decreasing anxiety without trying to “fix” your pain
- How to help the people you love—with essays to teach us the best skills, checklists, and suggestions for supporting and comforting others through the grieving process.

Passed and Present: Keeping Memories of Loved Ones Alive

Allison Gilbert

Passed and Present is a one-of-a-kind guide for discovering creative and meaningful ways to keep the memory of loved ones alive. Inspiring and imaginative, this bona fide “how-to” manual teaches readers how to remember those we miss most, no matter how long they've been gone. *Passed and Present* is not about sadness and grieving—it is about happiness and remembering. It is possible to look forward, to live a rich and joyful life, while keeping the memory of loved ones alive. This much-needed, easy-to-use roadmap shares 85 imaginative ways to celebrate and honor family and friends we never want to forget.

Permission to Mourn: A New Way to Do Grief

Tom Zuba

The death of someone we love cracks us open inviting us to become the person we were born to be. This is the book Tom Zuba wishes he had read after his daughter Erin died. And after his wife Trici died. It's the book he wishes he'd been handed following his son Rory's death. But Tom had to live it first before he could write it. In the beginning, Tom did grief the old way—Repressing, denying, pretending, numbing and stuffing every feeling and every emotion that arose. He created pain on top of pain until he began searching for a new way. A new way to do grief. Once he gave himself permission to mourn, healing began. Along the way, Tom discovered that:

- Grief is not the enemy. Grief can be one of our greatest teachers.
- It's the stories we tell that determine whether or not we will heal.
- We will always have a relationship with the people we love that have died.
- We were not born to suffer. We were born to be radiant.
- There is a new way to do grief. Let Tom Zuba teach you how.

About us

Eversight is a 501(c)(3) nonprofit organization. Our mission is to restore sight and prevent blindness through the healing power of donation, transplantation and research.

Operating in Arizona, Connecticut, Illinois, Michigan, New Jersey, Ohio and South Korea, Eversight works in collaboration with surgeons, researchers, academic medical centers and eye banks across the United States and abroad. In addition to recovering, evaluating and providing donated eye tissue for sight-restoring transplants and promoting public donation awareness, we advance research into the causes and cures of blinding eye conditions and provide humanitarian aid to people around the world in need of corneal transplantation.

Join the Eversight community. Change the lives of those who are losing their sight or are blind, and the future for millions more all over the world through research into treatment and cures.



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