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# BOOKS ABOUT UNDERSTANDING GRIEF

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## Adults

### General Books About Grief

- *There Is No Good Card for This: What To Say and Do When Life Is Scary, Awful, and Unfair to People You Love* by Dr. Kelsey Crowe and Emily McDowell -- A visually stunning and groundbreaking illustrated guide to help you increase your emotional intelligence and learn how to offer comfort and support when someone you know is in pain.
- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* by Megan Devine -- Debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it.
- *Option B: Facing Adversity, Building Resilience, and Finding Joy* by Sheryl Sandberg and Adam Grant -- a powerful, inspiring, and practical book about building resilience and moving forward after life's inevitable setbacks.

### Books for Understanding Grief

- *Modern Loss: Candid Conversation about Grief. Beginners Welcome* by Rebecca Soffer and Gabrielle Birkner. – Each author having lost parents as young adults, they co-founded Modern Loss, responding to a need to change the dialogue around the messy experience of grief. Now, in this wise and often funny book, they offer insights to help us cry, laugh, grieve, identify, and—above all—empathize.
- *Swallowed by a Snake: The Gift of the Masculine Side of Healing* by Thomas R. Golden -- a book for men and women about the masculine side of healing from loss. Discover new and powerful ways to heal, how the genders differ in their healing, and gain greater understanding between partners.
- *Please be Patient, I'm Grieving: How to Care For and Support the Grieving Heart* by Gary Roe -- 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.

- *More Than Surviving: Caring for Yourself While You Grieve* by Kelly Osmont -- This very helpful resource includes information about the grief process, how stress from grief affects us, motivators to caring for yourself, touch and its healing effect, foods, supplements, quiet time, dreams, exercise, and a new beginning.
- *Coloring your Grief: Coloring to Soothe the Soul and Mend the Heart* by Dr. Jane Vair Bissler, Dr. Sheri L Goldstrohm, and Dr. Phyllis Kosminsky -- Grieving for someone you love can be exhausting, and many people who grieve wish that they could find a way to take a breather and quiet their minds. This book was created with that purpose in mind. In its pages you will find images and words collected by three experienced grief therapists – images that you can make your own using whatever coloring tools you like.
- *The Colors of Grief: Understanding a Child's Journey through Loss from Birth to Adult* by Janis A. Di Ciacco – The Colors of Grief explores strategies for supporting a grieving child to ensure a healthy growth into adulthood.
- *Understanding Grief: Helping Yourself Heal* by Alan Wolfelt -- This classic resource helps guide the bereaved person through the loss of a loved one, and provides an opportunity to learn to live with and work through the personal grief process.
- *Advice for Future Corpses (and Those Who Love Them): A Practical Perspective on Death and Dying* by Sallie Tisdale -- A graceful compilation of honest and intimate anecdotes based on the deaths Tisdale has witnessed in her work and life, as well as stories from cultures, traditions, and literature around the world.
- *Milk and Honey* by Rupi Kaur -- Milk and Honey takes readers through a journey of the most bitter moments in life and finds sweetness in them.
- *The Mourning Handbook: The Most Comprehensive Resource Offering Practical and Compassionate Advice on Coping with All Aspects of Death and Dying* by Helen Fitzgerald -- The Mourning Handbook is written as a companion to those mourners in need of practical and emotional assistance during the trying times before and after the death of a loved one.
- *It's Okay to Laugh: (Crying is Cool Too)* by Nora McInerney Purmort -- Nora gives her readers a true gift—permission to struggle, permission to laugh, permission to tell the truth and know that everything will be okay.
- *Lessons From an Imperfect World* by Harry J Grether -- Lessons from an Imperfect World guides and engages our healing and comforting imagination while reassuring our wishful heart in ways that are both magical and transformative.

