BOOKS ABOUT CHILD LOSS

General Books About Grief

- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture that Doesn't Understand* by 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.
- *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.
- *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.
- L*essons 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.

Books for Child Loss

- *Grieving the Child I Never Knew: A Devotional for Comfort in the Loss of Your Unborn or Newly Born Child* by Kathe Wunnenburg -- A wise and tender companion for mothers whose hearts have been broken--mothers whose dreams have been shattered and who wonder how to go on.
- *Not Broken: An Approachable Guide to Miscarriage and Recurring Pregnancy Loss* by Lora Shahine – A comprehensive, evidence-based but easy-to-read guide for anyone who wants to understand all aspects of miscarriage and recurrent pregnancy loss.
- *Shattered: Surviving the Loss of a Child* by Gary Roe -- *Shattered* is not a magic pill. The death of a child cannot be fixed. But comfort, compassion, guidance, and hope can be found in these pages.
- *Life After the Death of My Son: What I'm Learning* by Dennis L. Apple -- With understanding and compassion, Dennis offers

grieving parents insight from 10 lessons he's learned—and continues to learn. His gentle words and honest understanding will guide those with grieving hearts on their difficult journey.

- *On Children and Death: How Children and Their Parents Can and Do Cope With Death* by Dr. Elisabeth Kubler-Ross -- Based on a decade of working with dying children, this compassionate book offers the families of dead and dying children the help -- and hope -- they need to survive. In warm, simple language, Dr. Kübler-Ross speaks directly to the fears, doubts, anger, confusion, and anguish of parents confronting the terminal illness or sudden death of a child.
- *What Do We Tell the Children? Talking to Kids About Death and Dying* by Joseph M Primo -- Rather than avoid all conversations on death or pretend like it never happened, normalizing grief and offering support requires us to be in tune with kids through dialogue as they grapple with questions of "how" and "why."
- *Grieving Dads: To the Brink and Back* by Kelly Farley -- This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. They are real stories that pull no punches and are told with brutal honesty.
- *Beyond Tears: Living After Losing a Child* by Ellen Mitchel -- Meant to comfort and give direction to bereaved parents, Beyond Tears is written by nine mothers who have each lost a child.
- *The Unspeakable Loss: How Do You Live After a Child Dies?* by 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.
- *When the Bough Breaks: Forever After the Death of a Son or Daughter* by Dr. Judith R. Bernstein -- Presents a breakthrough concept of mourning, documenting the process of evolution from initial grief to an altered outlook on life. Excerpts from interviews with 50 parents who lost a child from five to forty-five trace the road from utter devastation to a revised view of life, resulting in a work that is a tribute to resilience and the indomitable human spirit.
- *Miscarriage: A Book for Parents* by Joy Johnson -- This book covers: feelings, reaching out, dads, your baby, single moms, other children, fears, the community, and moving on.

