

A Reading List

“Everyone must leave something behind when he dies, my grandfather said. A child or a book or a painting or a house or a wall built or a pair of shoes made. Or a garden planted. Something your hand touched some way so your soul has somewhere to go when you die, and when people look at that tree or that flower planted, you’re there.” –**Ray Bradbury, *Fahrenheit 451***

Grief and Loss

It’s Okay That You’re Not Okay: Meeting Grief and Loss in a Culture That Doesn’t Understand by Megan Devine

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

A Parent’s Guide to Raising Grieving Children: Rebuilding Your Family after the Death of a Loved One by Phyllis R. Silverman and Madelyn Kelly

About Grief: Insights, Setbacks, Grace Notes, Taboos by Ron Marasco and Brian Shuff

Rebellious Mourning: The Collective Work of Grief by Cindy Milstein

Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies by T.J. Wray

The Orphaned Adult by Alexander Levy

Healing Your Grieving Heart: 100 Practical Ideas by Alan Wolfelt

The Wilderness of Grief: Finding Your Way by Alan Wolfelt

Finding the Words: How to talk with children and teens about death, suicide, funerals, homicide, cremation, and other end of life matters by Alan Wolfelt

Memoir

The Year of Magical Thinking by Joan Didion

When Breath Becomes Air by Paul Kalanithi

My Husband Is Not a Rainbow by Kelly Lynn Shepherd

The Empty Room by Elizabeth DeVita-Raeburn

Modern Loss: Candid Conversation About Grief. Beginners Welcome. by Rebecca Soffer and Gabrielle Birkner

Children’s Books

The Invisible String by Patrice Karst

The Fall of Freddie the Leaf by Leo Buscaglia, Ph.D.

Rage Has a Hold on Sammy by Angela Wiggins

When Dinosaurs Die: A Guide to Understanding Death by Laurie Krasny Brown and Marc Brown

The Elephant in the Room: A Children’s Book for Grief and Loss by Amanda Edwards and Leslie Ponciano

Grief and Loss Podcasts

Griefcast – Cariad Lloyd

Grief Out Loud – The Dougy Center

Grief Encounters – Venetia Quick and Sasha Hamrogue

What's Your Grief Podcast – What's Your Grief

Videos

[*How do you help a grieving friend?*](#) – Megan Devine (YouTube)

[*We don't "move on" from grief. We move forward with it*](#) – Nora McInerny, Ted Talk (YouTube)

[*Grief Out Loud: Teens Talk About Loss*](#) – Hospice of the Chesapeake (YouTube)

[*Learning to Grieve: George Shelley*](#) – BBC Three (YouTube)

- Documentary about sibling loss

[*A Family Disrupted: Dealing with the death of a sibling*](#) – Alberta Health Services (YouTube)

[*Uncoupled: Dealing with the death of a spouse*](#) – Alberta Health Services (YouTube)

[*Out of Order: Dealing with the death of a child*](#) – Alberta Health Services (YouTube)

[*Lost Innocence: Dealing with the death of a young child*](#) – Alberta Health Services (YouTube)

[*Parents who have lost a child - Can Ask Meh? \(Singapore\)*](#) – Our Grandfather Story (YouTube)