



## Altru Recommends Grief Resources at the Grand Forks Public Library

### ○ ADULT/GENERAL

#### ○ Biographies

- Comfort: A Journey through Grief (Hood, Ann; 2008)
- Grief Girl: My True Story (Vincent, Erin; 2008)
- I Will Carry You: The Sacred Dance of Grief and Joy (Smith, Angie; 2010)
- I'll See You Again (Hance, Jackie; 2013)
- The Year of Magical Thinking (Didion, Joan; 2005)

#### ○ General Grief

- A Time to Mourn, a Time to Dance: Help for the Losses in Life (Metzgar, Margaret; 2000)
- Finding the Words: How to Talk with Children and Teens about Death, Suicide, Funerals, Homicide, Cremation and Other End-of-Life Matters (Wolfelt, Alan; 2013)
- Grief Day by Day: Simple, Everyday Practices to Help Yourself Survive and Thrive (Wolfelt, Alan; 2018)
- Healing Your Grieving Heart: 100 Practical Ideas (Wolfelt, Alan; 2001)
- It's Ok that You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand (Devin, Megan; 2017)
- Loving from the Outside In, Living from the Inside Out (Wolfelt, Alan; 2012)
- Moving Beyond Loss: Real Answers to Real Questions from Real People (Friedman, Russel; 2013)
- Surviving the Holidays Without You: Navigating Grief During Special Seasons (Roe, Gary; 2013)
- Teen Grief: Caring for the Grieving Teenage Heart (Roe, Gary; 2017)

#### ○ Death of a Child

- Beyond Tears: Living after Losing a Child (2009)
- Healing a Parent's Grieving Heart: 100 Practical Ideas after Your Child Dies (Wolfelt, Alan; 2002)
- Shattered: Surviving the Loss of a Child (Roe, Gary; 2017)

#### ○ Death of a Grandchild

- For Bereaved Grandparents (Gerner, Margaret; 1990)
- Healing a Grandparent's Grieving Heart: 100 Practical Ideas after Your Grandchild Dies (Wolfelt, Alan; 2014)

#### ○ Death of a Partner/Spouse

- Heartbroken: Healing from the loss of a Spouse (Roe, Gary; 2015)

#### ○ Death of a Sibling

- Healing the Adult Sibling's Grieving Heart: 100 Practical Ideas After Your Brother or Sister Dies (Wolfelt, Alan; 2008)

#### ○ Pregnancy and Infant Loss

- Always Within: Grieving the Loss of Your Infant (2011)
- Empty Arms: Coping with Miscarriage, Stillbirth and Infant Death; Surviving the First Hours and Beyond (Ilse, Sherokee; 2008)

(Pregnancy and Infant Loss books continue on next page)

- **Pregnancy and Infant Loss, continued**
  - For Bereaved Grandparents (Gerner, Margaret; 1990)
  - Healing Your Grieving Heart after Miscarriage: 100 Practical Ideas for Parents and Families (Wolfelt, Alan; 2015)
  - Miscarriage: A Shattered Dream (Ilse, Sherokee; 1989)
  - Option B: Facing Adversity, Building Resilience, and Finding Joy (Sandberg, Sheryl; 2017)
  - Please Be Patient, I'm Grieving: How to Care For and Support the Grieving Heart (Roe, Gary; 2016)
  - Strong and Tender: A Guide for the Father Whose Baby Has Died (Schweibert, Pat; 1996)
  - The Paradoxes of Mourning: Healing Your Grief with Three Forgotten Truths (Wolfelt, Alan; 2015)
  - Too Soon a Memory: A Guide for Parents Suffering a Miscarriage (Schweibert, Pat; 2011)
- **Special Needs**
  - Helping People with Developmental Disabilities Mourn: Practical Rituals for Caregivers (Markell, Marc A.; 2005)
  - Finding Your Own Way to Grieve: A Creative Activity Workbook for Kids and Teens on the Autism Spectrum (Helbert, Karla; 2013)
- **Sudden Death/Death by Suicide**
  - No Time to Say Goodbye: surviving the Suicide of a Loved One (Fine, Carla; 2000)
- **TEEN**
  - A Complete Book about Death for Kids (Grollman, Earl A.; 2006)
  - And Still They Bloom: A Family's Journey of Loss and Healing (Rovere, Amy; 2012)
  - Finding the Words: How to Talk with Children and Teens about Death, Suicide, Funerals, Homicide, Cremation and Other End-of-Life Matters (Wolfelt, Alan; 2013)
  - Grief Girl: My True Story (Vincent, Erin; 2008)
  - Healing Your Grieving Heart for Teens: 100 Practical Ideas (Wolfelt, Alan; 2001)
  - Teen Grief: Caring for the Grieving Teenage Heart (Roe, Gary; 2017)
- **CHILDREN**
  - **General Grief**
    - A Complete Book about Death for Kids (Grollman, Earl A.; 2006)
    - Death (Amos, Jeanine; 2002)
    - Death (Murphy, Patricia; 2008)
    - Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss (Mundy, Michaelene; 1998)
    - Someone I Love Died from a Drug Overdose (Ray, Melody; 2018)
    - Tell Me, Papa: Answers to Questions Children Ask about Death and Dying (Johnson, Joy; 1999)
    - The Goodbye Book (Parr, Todd; 2015)
    - The Invisible String (Karst, Patrice; 2000)
    - The Memory Box: A Book about Grief (Rowland, Joanna; 2017)
    - The Saddest Time (Simon, Norma; 1986)
    - Up in Heaven (Chichester Clark, Emma; 2004)
    - What on Earth Do You Do When Someone Dies? (Romain, Trevor; 1999)
    - Where are You? A Child's Book about Loss (Olivieri, Laura; 2007)
    - Whistler's Last Song (Herro, Adam; 2013)
  - **Death of a Parent**
    - Missing Mommy: A Book about Bereavement (Cobb, Rebecca; 2013)

- **Death of a Grandparent**
  - Grandma's Gloves (Castellucci, Cecil; 2010)
  - Why Did Grandpa Die? A Book about Death (Hazen, Barbara Shook; 1985)
- **Death of a Sibling**
  - Always My Brother (Reagan, Jean; 2009)
  - I Remember Miss Perry (Brisson, Pat; 2006)
  - I Wish I Could Hold Your Hand: A Child's Guide to Grief and Loss (Palmer, Pat; 1994)
  - Jenny: Coming to Terms with the Death of a Sibling (Jeffs, Stephanie; 2006)
  - Someone Came Before You (Schweibert, Pat; 2007)
  - The Goodbye Book (Parr, Todd; 2015)
  - Where's Jess? For Children Who Have a Brother or Sister Die (Johnson, Marvin; 2003)
- **Death of a Pet**
  - Up in Heaven (Chichester Clark, Emma; 2004)
- **Special Needs Children**
  - Finding Your Own Way to Grieve: A Creative Activity Workbook for Kids and Teens on the Autism Spectrum (Helbert, Karla; 2013)
- **Suicide**
  - Luna's Red Hat: An Illustrated Storybook to Help Children Cope with Loss and Suicide (Smid, Emmi; 2015)