

GRIEF & LOSS BOOK LIST

For adult grief support- not specific to suicide



Loving Grief

by Paul Bennett

Loving Grief is a memoir and a probing inquiry into the lessons that grief can teach us about love.

Finding Meaning: The Sixth Stage of Grief

by David Kessler

Lost & Found

by Kathryn Schulz

Bittersweet: How Sorrow and Longing Make Us Whole

by Susan Cain

The Loss of a Life Partner

by Carolyn Ambler Walter

The Pummeled Heart

by Antoinette Bosco

Tibetan Book of Living and Dying

by Sogyal Rinpoche

Entering the Healing Ground

by Francis Weller

Resisting Elegy

by Joel Peckham

Peckham fills a need for a brutally honest literary examination of not only grief and suffering but also of recovery.

Any book by Elisabeth Kubler-Ross

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