

Recommended Reading for Grief and Loss

Gentle, Short, and Easy to Read

These books offer comfort without overwhelming the reader:

- **Healing After Loss** — **Martha Whitmore Hickman**
Daily, one-page reflections that bring calm and grounding.
- **It's OK That You're Not OK** — **Megan Devine**
Validates grief and removes pressure to "move on."
- **Grief Day by Day** — **Jan Warner**
Short entries with practical coping ideas.

Understanding the Grief Process

For those wanting insight into what they're feeling:

- **The Year of Magical Thinking** — **Joan Didion**
A powerful memoir about sudden loss and the early fog of grief.
- **On Grief and Grieving** — **Elisabeth Kübler-Ross & David Kessler**
Explores common emotional experiences during grief.
- **Finding Meaning** — **David Kessler**
Focuses on healing and meaning-making after loss.

Practical Guidance & Coping Tools

Helpful for people who want structure or steps.

- **The Grief Recovery Handbook** — **John W. James & Russell Friedman**
Action-oriented exercises for emotional healing.
- **Bearing the Unbearable** — **Joanne Cacciatore**
Mindfulness-based support for deep or traumatic grief.

For Traumatic, Sudden, or Complicated Loss

For those navigating shock, trauma, or unexpected death.

- **Trauma and Recovery** — **Judith Herman**
Foundational understanding of trauma responses.
- **The Other Side of Sadness** — **George Bonanno**
Research-based reassurance that resilience is common.

Faith-Based (Christian) Options

For those who find comfort in spiritual perspectives.

- **A Grace Disguised** — **Jerry Sittser**
A thoughtful reflection on loss and transformation.
- **Through a Season of Grief** — **GriefShare**
Daily readings with a gentle, faith-centered tone.

For Children & Teens

Age-appropriate ways to help younger people understand loss.

- **The Invisible String** — **Patrice Karst**
A comforting story about connection that continues.
- **When Someone Very Special Dies** — **Marge Heegaard**
A workbook that helps children express feelings.