

















# Grief and Loss Books for Adults



	TITLE OF BOOK	AUTHOR
	<b>Words of comfort:</b> how to find hope.	<i>Ballagh, R. (2023).</i>
	<b>Radical acts of love:</b> how we find hope at the end of life.	<i>Brown, Jane (2020)</i>
	<b>The after grief:</b> Finding your way on the long path of loss.	<i>Edelman, H. (2022).</i>
	<b>Death expands us:</b> an honest account of grief and how to rise above it.	<i>Harris, Stephanie. (2017).</i>
	<b>Resilient grieving:</b> How to find your way through devastating loss: a practical guide to recovery.	<i>Hone, Lucy. (2017).</i>
	<b>Grieving mindfully:</b> A compassionate and spiritual guide to coping with loss.	<i>Kumar, S. M. (2005).</i>
	<b>Mindfulness for prolonged grief:</b> a guide to healing after loss when depression, anxiety, and anger won't go away.	<i>Kumar, Sameet M. (2013).</i>
	<b>Coping with grief (5th ed).</b>	<i>McKissock, M., &amp; McKissock, D. (2018).</i>
	<b>Losing a parent:</b> coming through a special loss.	<i>Marshall, Fiona. (2020).</i>
	<b>An introduction to coping with grief.</b>	<i>Morris, Sue (2017)</i>
	<b>How to live when a loved one dies:</b> healing meditations for grief and loss.	<i>Nhất Hạnh. (2021).</i>

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	TITLE OF BOOK	AUTHOR
	<b>Opening to grief:</b> Finding your way from loss to peace.	Willis, C. B., Samuelson, M. C., & Devine, M. (2022).
	<b>Anger of grief:</b> How to understand, embrace, and restoratively express explosive emotions after a loss.	Wolfelt, A. D. (2022).
	<b>Cherishing:</b> The art of fully living while still loving and honouring those who've died. <i>** Recommended by our community care team</i>	Wolfelt, A. D. (2023).
	<b>You're not crazy you're grieving:</b> 6 steps for surviving loss	Wolfelt, A. D. (2023).
	<b>Grief on the run:</b> how active grieving helped me cope with devastating loss.	Zarifeh, Julie. (2021)

*Most books listed may be available to borrow from the Marlborough District Library or to purchase from a local bookstore or online bookseller.*

*Last updated October 2023*

