

Excellent Grief Resources **Recommended by Joy in the Mourning® Center for Life Losses**

Books

Experiencing Grief (2004) H. Norman Wright (Excellent short book about grief)

How to Go on Living when Someone You Love Dies (1991) Therese Rando (Excellent self-help book written by an expert in the area of assisting people through grief)

The Mourning Handbook (1995) Helen Fitzgerald (Easy-to-read, user-friendly, and helpful. Written by one who has “been there” and is now “there” for others who grieve. One of the best books on the subject.)

Mommy, What’s “Died”? (2005) Linda Gill (Based on a true story; written for public schools, hospices, and professionals who work with families of younger children from different religious and cultural backgrounds) Extended version for professionals and those who work with children. Storybook version for parents and caregivers. Explanations for how to adapt the story based on the child’s religious/cultural background. Designed for children preschool-age through 4th grade.

Mommy, What’s “Died” Mean? (2014) Linda Gill (Based on a true story and written from a Christian perspective to explain death to younger children. This storybook explains how to help young children when the death of a loved one is expected or after it has happened, preparing them for the death, helping them understand the funeral/memorial service, and talking about grief and the feelings that accompany it.) Designed for children preschool-age through 4th grade.

The Grieving Child (1992) Helen Fitzgerald (Excellent help for parents and those wanting to help grieving children).

The Grieving Teen (2000) Helen Fitzgerald (Excellent book on teenage grief).

Jonathan, You Left too Soon (2015) David Biebel (Powerful true story about grief following the loss of a small child written by Jonathan’s father).

Finding Your Way after the Suicide of Someone You Love (2014) David Biebel and Suzanne Foster (Sensitive and helpful book written from a Christian perspective. Suzanne’s daughter died by suicide.)

Grace for the Widow (2009) Joyce Rogers (Excellent short book for women who have lost their husbands written by the wife of beloved pastor Adrian Rogers after the death of her husband).

If God Is so Good, Why Do I Hurt so Bad? (2014) David Biebel (Honest treatment of this subject by one who has struggled and also loves God).

A Place of Healing: Wrestling with the Mysteries of Suffering, Pain, and God’s Sovereignty (2015) Joni Eareckson Tada (Excellent book written from the truth of scripture and also from the experience of one who lives every day with pain)

Heaven (2001) Joni Eareckson Tada (Wonderful book about heaven).

When God Weeps (2000) Joni Eareckson Tada (Wonderful book about the compassion of God).

In Light of Eternity (1999) Randy Alcorn (A book about heaven that is easy to read, scriptural, and comforting to those who are grieving).

Making God Visible: How to Help Your Heartbroken Friend (2004) David Biebel (Excellent book for those who care and want to learn how to effectively help those who are hurting).

Recovering from the Losses of Life (2006) H. Norman Wright (Excellent book for general grief)

Reflections of a Grieving Spouse (2009) H. Norman Wright (Personal story written by the author about his own journey through grief after the loss of his wife Joyce)

When God & Grief Meet (2009) Lynn Eib (Excellent easy-to-read book for those exhausted by grief and needing comfort and hope).