

Grief / Bereavement

Attig, Thomas (2000). The Heart of Grief: Death and the Search for Lasting Love. Oxford University Press.

Cobb, Nancy (2002), In Lieu of Flowers. Pantheon Books.
Personal reflections on grief and loss, insightful, comforting and well-written.

Colgrove, M., Bloomfield, H., & Bcwilliams, P. (1991), How to Survive the Loss of Love (2nd ed.). Los Angeles: Prelude Press.

Kumar, Sameet (2005). Grieving Mindfully. New Harbinger Publications, Inc.

Rando, T. (1991), How to Go On Living When Someone You Love Dies. Bantam.
An excellent self-help book offering practical ways to recover from a death. Rando is one of the foremost authorities on grief and complicated mourning.

Rossoff, Barbara. (1994) The Worst Loss – How Families Heal From the Death of a Child. Henry Holt and Company.

Tatelbaum, J. (1990), Courage to Grieve. Harper & Row.
Good self-help book giving practical steps for dealing with grief.

INSPIRATION

Hall, Donald (1998), Without. A Mariner Book.
Poems written to and for the author's wife, Jane Kenyon, who died from cancer.

Remen, R.N. (1996). Kitchen Table Wisdom: Stories that Heal. NY, Riverhead Books.

Zeitlan, S. and Harlow, I. (2001), Giving a Voice to Sorrow: Personal Responses to Death Mourning. Peregrine Books.

Web Sites

Growth House

www.growthhouse.org

Includes a search engine that offers access to the net's most comprehensive collection of reviewed resources for end-of-life care, links health care organizations through a shared network.

www.hospicenet.org

Hospice Net for Patients and Families Facing Life Threatening Illness; grief materials available

www.netkin.com

www.aarp.org