



BC Cancer Agency
Library/Cancer Information Centre

GRIEF - ADULTS

BOOKS

Beyond grief : a guide for recovering from the death of a loved one

Carol Staudacher, 1987. BF575 S798b 1987.

Don't take my grief away from me : how to walk through grief and learn to live again

Doug Manning, 2003. BF575 M283 2003

The first section of the book deals with those first few days after a death and all the plans and decisions that need to be made. The second section provides guidance and hope for healing.

Giving a voice to sorrow : personal responses to death and mourning

Steve Zeitlin, 2001. BF575 G7 Z48 2001

A look at the unique ways people have enacted their grief through storytelling, personal ritual and commemorative art.

Grief and the healing arts : creativity as therapy

Sandra L. Bertman, 1999. BF575 G726 1999

Shows ways to use the healing arts to help grievers transcend loss.

Healing a friend's grieving heart : 100 practical ideas for helping someone you love through loss

Alan D. Wolfelt, 2001. BF575 W855h 2001

Outlines the fundamental principles of companioning a friend, from committing to contact the friend regularly to being mindful of the anniversary of the death.

Healing a spouse's grieving heart : 100 practical ideas after your husband or wife dies

Alan D. Wolfelt, 2003. BF575 W857 2003

Includes advice on when and how to dispose of a mate's belongings, dealing with children, and redefining role with friends and family.

Healing the adult child's grieving heart : 100 practical ideas after your parent dies

Alan. D. Wolfelt, 2002. BF575 W853h 2002

Tips include writing down memories, completing a task or goal left unfinished by the deceased parent, or honouring the parent's birthday. In addition common challenges, such as helping the surviving parent, resolving sibling conflicts, and legal and financial issues, are addressed.

Life goes on : losing, letting go and living again

Gail Boulanger, 2002. BF789 B763 2002

A practical workbook with questions and projects at the end of each chapter. It is not especially about cancer, but includes a wide range of people and experiences.

Living and working with bereavement : guide for widowed men and women

Elsie Palmer, 1987. BF575 P173 1987

Includes many practical suggestions, some solely for Canada.

Living when a loved one has died

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Earl A. Grollman. 2nd ed. BF789 G876 1995

The author explains what emotions to expect when mourning, what pitfalls to avoid, and how to work through feelings of loss.

Men & grief : a guide for men surviving the death of a loved one

Carol Staudacher, 1991. BF575 S798 1991

This book is both a guide for men surviving the death of a loved one and a resource for caregivers and mental health professionals.

On grief and grieving : finding the meaning of grief through the five stages of loss

Elisabeth Kubler Ross and David Kessler, 2005. BF575 G7 K82 2005

A path through loss : a guide to writing your healing and growth

Nancy C. Reeves, 1999. BF575 R332p 1999

Each section is divided by an illustration to encourage centring and meditation. For those who do not wish to write, blank sections can be used for photographs, drawings, dried flowers, clippings etc.

Safe passage : words to help the grieving hold fast and let go

Molly Fumia, 1992. BF575 F978 1992

A collection of meditations and thoughts on the loss of a loved one.

Swallowed by a snake : the gift of the masculine side of healing

Thomas R. Golden, 2nd ed, 2000. BF575 G619s 2000

A blend of folklore, cross-cultural analysis, and clinical advice will help both men and women understand the specific context and needs of grieving men.

Understanding your grief : ten essential touchstones for finding hope and healing your heart

Alan D. Wolfelt, 2003. BF575 W853u 2003

Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have. Questions of spirituality and religion are addressed as well.

When bad things happen to good people

Harold S. Kushner, 1981. BF575 K97 1981

Harold Kushner, a Jewish rabbi facing his own child's fatal illness provides a practical and compassionate answer that has appealed to millions of readers across all religious creeds.

Widow to widow : thoughtful, practical ideas for rebuilding your life

Genevieve Davis Ginsburg, 1997. BF575 G493 1997

The author offers fellow widows, as well as their family and friends, advice for coping with the loss of a husband.

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Living with grief after sudden loss

Dignity Memorial, 2004. BF575 L785d 2004

Working through your grief

Dignity Memorial, 2004. BF575 W926d 2004

PAMPHLETS

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Healing a father's grief

William H. Schatz.

Healing grief

Amy Hillyard Jensen.

RECOMMENDED WEBSITES

BC Bereavement Helpline

www.bcbereavementhelpline.com

Griefworks BC

www.griefworksbc.com

YoungWidow.org

www.youngwidow.org