
BOOKS ABOUT SPOUSE LOSS

General Books About Grief

- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture that Doesn't Understand* by Megan Devine -- offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy.
- *Option B: Facing Adversity, Building Resilience, and Finding Joy* by Sheryl Sandberg and Adam Grant -- a powerful, inspiring, and practical book about building resilience and moving forward after life's inevitable setbacks.
- *There Is No Good Card for This: What To Say and Do When Life Is Scary, Awful, and Unfair to People You Love* by Dr. Kelsey Crowe and Emily McDowell -- A visually stunning and groundbreaking illustrated guide to help you increase your emotional intelligence and learn how to offer comfort and support when someone you know is in pain.
- *Lessons From an Imperfect World* by Harry J Grether -- Lessons from an Imperfect World guides and engages our healing and comforting imagination while reassuring our wishful heart in ways that are both magical and transformative.

Books For Spouse Loss

- *Its Okay to Laugh (Crying Is Cool Too)* by Nora McInerney Purmort -- In this deeply felt and deeply funny memoir, Nora gives her readers a true gift—permission to struggle, permission to laugh, permission to tell the truth and know that everything will be okay.
- *A Grief Observed* by C.S. Lewis -- A Grief Observed is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of the loss of his wife.
- *Heartbroken: Healing from the Loss of a Spouse* by Gary Roe -- Grief counselor and bereavement specialist Gary Roe is a compassionate and trusted voice in grief recovery who has been bringing comfort, hope, encouragement, and healing to hurting, wounded hearts for more than 30 years. He has walked with hundreds of widows and widowers through this painful valley. From their stories he has composed this incredibly practical work that will touch your heart and comfort your soul.
- *I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing After the Sudden Death of a Loved One* by Brook Noel -- An



exploration of unexpected death and its role in the cycle of life, *I Wasn't Ready to Say Goodbye* provides survivors with a rock-steady anchor from which to weather the storm of pain and begin to rebuild their lives.

- *Meditations for the Widowed* by Judy Osgood – A collection of one and two-page meditations written by 33 men and women from all walks of life whose spouses have died.
- *Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies* by Alan Wolfelt -- Helping widows and widowers learn how to cope with the grief of losing their helpmate, their lover, and perhaps their financial provider, this guide shows them how to find continued meaning in life when doing so seems difficult.
- *Confessions of a Mediocre Widow: Or, How I Lost My Husband and My Sanity* by Catherine Tidd -- Widowed with three children under six years old, a rusty resume, no fix-it skills, and no clue how to live life as a widow, Catherine can't help but be a little exasperated with her dead husband for leaving her to deal with life on her own. This honest book is a glimpse into the heartbreaking and sometimes humorous world of a young woman who learns that it is possible to find joy in an unexpected life.
- *Widow-man* by Nyle Kardatzke -- The author shares his practical responses to many issues faced by widowed men, including grief, changed relationships, anger, forgiveness, cooking, housekeeping, holidays and weekends, steps toward healing, dating, the possibility of remarriage, and the ways the readers and their wives may be remembered.

