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# BOOKS ABOUT SUICIDE, HOMICIDE, AND TRAUMA

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## Adult

### 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.

### Books For Suicide, Homicide, and Trauma

- *Artful Grief: A Diary of Healing* by Sharon Strause – A decade long study of loss by an art therapist, in the aftermath of her daughter's suicide. A creative roadmap through violent dying and grief. A dose of "soul medicine" for survivors. A way to retrieve the pieces of a shattered life, with paper, scissors and glue.
- *The Invisible Front: Love and Loss in an Era of Endless War* by Yochi Dreazen -- The unforgettable story of a military family that lost two sons—one to suicide and one in combat—and channeled their grief into fighting the armed forces' suicide epidemic.
- *Breaking the Silence: A Guide to Helping Children with Complicated Grief- Suicide, Homicide, AIDS, Violence, and Abuse* by Linda Goldman -- This bestselling book is designed for mental health professionals, educators, and the parent/caregiver, this book provides specific ideas and techniques to work with children in various areas of complicated grief. It presents words and methods to help initiate discussions of



these delicate topics, as well as tools to help children understand and separate complicated grief into parts.

- *Children and Trauma: A Parent's Guide to Helping Children Heal* by Cynthia Monahon -- Simply and clearly written by a child psychologist, this book gently and emphatically gives parents the information they need to know about children's reactions to trauma.
- *Finding the Words: How to Talk with Children and Teens about Death, Suicide, Homicide, Funerals, Cremation, and other End-of-Life Matters* by Alan D. Wolfelt -- With this compassionate book by respected grief counselor and educator Dr. Alan Wolfelt, readers will find simplified and suitable methods for talking to children and teenagers about sensitive topics with an emphasis on the subject of death.

