
BOOKS ABOUT UNDERSTANDING GRIEF

Teens

General Books About Grief

- *Healing Your Grieving Heart for Teens: 100 Practical Ideas* by Alan D. Wolfelt -- With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally.
- *Facing Change: Falling Apart and Coming Together Again in the Teen Years* by Donna B. O'Toole -- This informative book helps teens understand their losses and discover creative coping strategies to deal with them.
- *The Grieving Teen: A Guide for Teenagers and Their Friends* by Helen Fitzgerald -- Helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.

Understanding Grief

- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* by Megan Devine -- Debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it. Suggested for upper-aged teens.
- *Modern Loss: Candid Conversation about Grief. Beginners Welcome.* by Rebecca Soffer and Gabrielle Birkner. – Each author having lost parents as young adults, they co-founded Modern Loss, responding to a need to change the dialogue around the messy experience of grief. Now, in this wise and often funny book, they offer insights to help us cry, laugh, grieve, identify, and—above all—empathize.
- *Heaven's Child: A true story of family, friends, and strangers* by Caroline Flohr -- Heaven's Child provides the solace needed to overcome our greatest losses. The story encourages you to find your life's purpose and helps you realize that you never journey alone.
- *Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love* by Earl A. Grollman – Written for a teenager, to know what to expect when someone you know has died.



- *Weird is Normal When Teenagers Grieve* by Jenny Lee Wheeler -- A self-help book for grieving teens written by an actively grieving teen.
- *Teenagers and Grief* by Doris Zagdanski -- A book to help teens understand their feelings that they encounter after a significant loss.
- *Teens Talk about Suicide, Death, and Grieving* by Jennifer Landau -- These engrossing stories offer first-person narratives of young adults coping with the death of someone close to them.
- *Grief Skills for Life: A Personal Journal for Adolescents About Loss* by Judy Davidson -- Grief is a journey, and this journal will help guide teens through their own story.
- *When Will I Stop Hurting? Teens, Loss, and Grief (It Happened to Me)* by Edward Myers - - A self-help guide for teenagers who are struggling with bereavement and the emotional difficulties it presents.
- *The Grieving Heart – Dealing with Death: Finding Your Way After a Loss* by Fiona Welsh - - Consider this book your grief buddy, to help you understand what you are going through, reassure you that your feelings are completely normal, and guide you through this dark and murky time, towards a brighter, and more hopeful future.
- *Fire In My Heart, Ice In My Veins: A Journal for Teenagers Experiencing a Loss* by Enid Samuel Traisman – Teens can write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know, finish business and use their creativity to work through the grieving process.

