



**HOSPICE** OF THE *Piedmont*  
**GRIEF AND HEALING**

## **Recommended Books & Videos for General Grief**

**Devine, Megan; It's OK That You're Not OK; October 2017**

A book describing how one experiences grief in our grief-avoidant society. Identifies the many aspects of grief that make a person feel like they are going crazy and provides practical strategies for working through these difficult aspects of grief.

**Hickman, Martha W; Healing After Loss: Daily Meditations for Working Through Grief; December 1994**

For those who have suffered the loss of a loved one, here are thoughtful words to strengthen, inspire and comfort in the form of daily readings.

**Kessler, David; Finding Meaning - The Sixth Stage of Grief; September 2020**

In Finding Meaning, David Kessler shares the insights, collective wisdom, and powerful tools that will help those experiencing loss. David authored this book after the death of his 21-year-old son.

**Kushner, Harold; When Bad Things Happen to Good People; August 2004**

Rabbi Kushner deals with the many common questions people ask about human suffering, particularly death and dying.

**Lewis, C.S.; A Grief Observed; 1961**

A sensitive and powerful portrayal of the author's own grief reacting in response to the death of his wife. Lewis struggles with life's meaning and his relationship with God in this journal.

**O'Connor, Mary-Frances; The Grieving Brain - The Surprising Science of How We Learn from Love and Loss; February 2022**

Dr. O'Connor is a neuroscientist who has spent decades exploring the effects of grief on the brain. It uses neuroscience to help explain what happens when we grieve and how we might navigate loss.

**Roe, Gary; Comfort for the Grieving Adult Child's Heart: Hope and Healing After Losing Your Parent; January 2020**

This book discusses grief as it relates to adult children's loss of parents.

**Wolfelt, Alan; Understanding Your Grief - Ten Essential Touchstones for Finding Hope and Healing Your Heart; March 2021 (Second Edition)**

This book is used to guide Hospice of the Piedmont grief support groups.

**Wolfelt, Alan; Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies; September 2002**

Offering heartfelt and straightforward advice, this book provides realistic suggestions and relief for an adult child whose parent has died. Practical advice is presented in a one-topic-per-page format that does not overwhelm with psychological language but provides small, immediate ways to understand and reconcile grief.