



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

## **Recommended Books & Videos for Loss of a Child**

**Baer, Jonathan; *Gone Too Soon*; August 2013**

The author openly and honestly describes everything from the shocking loss of his daughter to his eventual emotional recovery. Step by step, he works his way back from the deepest despair.

**Bernstein, Judith; *When the Bough Breaks*; January 1997**

This book presents a breakthrough concept of mourning, documenting the process of evolution from initial grief to an altered outlook on life. Excerpts from interviews with 50 parents who lost children from age five to forty-five trace the road from utter devastation to a revised view of life.

**Mitchell, Ellen, et al.; *Beyond Tears: Living After Losing a Child*; March 2009**

Meant to comfort and give direction to bereaved parents, *Beyond Tears* is written by nine mothers who have each lost a child. This revised edition includes a new chapter written from the perspective of surviving siblings.

**Roe, Gary; *Shattered: Surviving the Loss of a Child*; January 2017**

Bestselling author, hospice chaplain, and grief specialist Gary Roe uses his three decades of experience interacting with grieving parents to give us this heartfelt, easy-to-read, and intensely practical book.

## **Rosof, Barbara; The Worst Loss - How Families Heal from the Death of a Child; October 1995**

Describes parent, grandparent, and sibling grief in relation to the death of a child with chapters specific to a long illness, sudden death, murder, and suicide.