



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

## **Recommended Books & Videos for Loss of a Spouse / Partner**

**Colby, Fred; Widower to Widower: Surviving the End of Your Most Important Relationship; July 2021**

This book addresses issues related to men who have lost their spouses. Colby writes from the experience of having experienced the loss of his wife whom he was married to for 45 years.

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

A book relevant to general grief; however, the author describes grief as it relates to the sudden death of her partner.

**Ginsburg, Genevieve; Widow to Widow - Thoughtful, Practical Ideas for Rebuilding Your Life; August 1999**

This book addresses issues related to women who have lost their spouses. Ginsburg walks you through the many challenges, both expected and unexpected with the death of one's husband/partner.

**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. In this journal, Lewis struggles with life's meaning and his relationship with God.

**McInerny, Norma; The Hot Young Widow's Club: Lessons of Survival on the Front Lines of Grief (also a TED talk series); April 2019**

Nora McInerny describes her journey as a young widow who suffered back-to-back losses with humor and sass. Originally a blogger, she shares the story of having a miscarriage, followed by the death of her husband, and then her father, all within a few short weeks from the other.

**Roe, Gary. Comfort For the Grieving Spouse's Heart: Hope and Healing After Losing Your Partner; December 2019**

A book designed to read a chapter a day, offering comfort, healing, and hope to those who have suffered the devastating loss of their spouse or partner.

**Wolfelt, Alan; Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies; November 2003**

This text is a useful manual for men and women who've suffered the loss of a spouse. It's aimed at giving practical advice on how to move forward from your grief and learn successful mourning strategies.