

# ***Resources for Widows and Widowers***

## **Book List**

- "The Alchemy of Grief" by A. Fidel-Rice
- "Ambiguous Loss" by P. Boss
- "Children and Grief: When a Parent Dies" by W. Worden
- "Doors Open, Doors Close: Widows, Grieving, and Growing" by M. Lieberman
- "God a Logs On Living and Dying" by S. Oliver
- "Grief's Courageous Journey: A Workbook" by S. Caplan & G. Lang
- "Guiding Your Child Through Grief" by J.& M.A. Emswiler
- "Healing After the Suicide of a Loved One" by A. Smolin & J. Guinana
- "Helping Teens Cope with Death" - Dougy Center
- "I'm Grieving as Fast as I Can: How Young Widows and Widowers Can Cope and Heal" by L. Feinberg
- "I Wasn't Ready to Say Goodbye" by B. Noel
- "The Journey through Grief" by A. Wolfelt
- "Living When a Loved One has Died" by E. Grollman
- "Option B" by S. Sandberg & A. Grant
- "Talking about Death" by V. Morris
- "Unattended Sorrow: Recovering From Loss & Reviving the Heart" by S. Levin
- "What the Dying Teach Us: Lessons on Living" by S. Oliver
- "When a Life Mate Dies: Stories of Love, Loss, and Healing" by S. Heinlein
- "Widow" by L. Cain
- "The Widower's Toolbox: Repairing Your Life after Losing Your Spouse" by G. Schaefer & T. Bekkers

*Provided by*

