

# ***Selected Resources on Grief***

*From Hospice of Central New York*

## **GENERAL GRIEF**

Attig, Thomas

***The Heart of Grief: Death and the Search for Lasting Love.*** 2002.

Casarjian, Robin

***Forgiveness: A Bold Choice For a Peaceful Heart.*** 1992.

Davidson, Judy

***Grieving Well: A Personal Journal for Adults About Loss.*** 2002.

Golden, Thomas R.

***Swallowed By a Snake: The Gift of the Masculine Side of Grief.*** 1996.

Grollman, Earl A.

***Living When a Loved One Has Died.*** 1995.

Rando, Therese A.

***Grieving: How To Go On Living When Someone You Love Dies.*** 1988.

Simon, Sidney B. and Simon, Suzanne

***Forgiveness: How To Make Peace With Your Past and Get On With Your Life*** 1991.

Smedes, Lewis B.

***The Art of Forgiving: When You Need To Forgive and Don't Know How.*** 1996.

Staudacher, Carol

***A Time To Grieve: Meditations for healing After the Death of a Loved One.*** 1994.

Wolfelt, Alan

***The Journey Through Grief: Reflections On Healing.*** 1997.

Westberg, Granger E.

***Good Grief.*** 1986.

Woodson, Meg

***Making It Through the Toughest Days of Grief: Anniversaries, Holidays and Other Landmark Days.*** 1994.

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## ***PARTNER LOSS***

Brothers, Dr. Joyce

***Widowed.*** 1992.

Cosgrove, Melba; Bloomfield, Harold; and McWilliams, Peter

***How To Survive the Loss of a Love.*** 1993.

Ginsburg, Genevieve

***Widow To Widow: Thoughtful Practical Ideas for Rebuilding Your Life.*** 1999.

Lewis, C.S.

***A Grief Observed.*** 1989.

## ***PARENT LOSS***

Akner, Lois

***How To Survive the Loss of a Parent.*** 1994.

Brooks, Jane

***Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone.*** 1999.

Converse, Linda J.

***She Loved Me, She Loved Me Not: Adult Parent Loss After a Conflicted Relationship.*** 2001.

Levy, Alexander

***The Orphaned Adult: Understanding and Coping With Grief and Change After the Death of Our Parents.*** 1999.

Myer, Edward

***When Parents Die: A Guide For Adults.*** 1997.

Nouwen, Henri

***In Memoriam.*** 1980.

Secunda, Victoria

***Losing Your Parents, Finding Yourself.*** 2000.

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## **CHILD LOSS**

Berstein, Judith R.

***When the Bough Breaks Forever: After the Death of a Son or Daughter.*** 1997.

Gaber, Ron and Bacon, Jeana

***The Death of Adult Children Through the Eyes of Grieving Parents.*** 1999.

Rothman, Juliet Cassuto

***The Bereaved Parents' Survival Guide.*** 1997.

Sanders, Catherine M.

***How To Survive the Loss of a Child.*** 1998.

## **ADULT BROTHER OR SISTER LOSS**

Ascher, Barbara Lazear

***Landscape Without Gravity: A Memoir of Grief.*** 1994.

Mastley, Scott

***Surviving a Sibling: Discovering Life After Loss.*** 2001.

## **RESOURCES ON THE WEB**

**Growth House:** [www.growthhouse.org/](http://www.growthhouse.org/)

A very comprehensive resource on dying, death, bereavement.

**Bereavement Magazine:** [www.bereavementmag.com](http://www.bereavementmag.com)

Online access to articles in previous issues.

**American Association of Retired Persons:** [www.aarp.org/griefandloss](http://www.aarp.org/griefandloss)

Excellent articles on grief and loss.

**Hospice of Central New York:** [www.hospice-pca.org](http://www.hospice-pca.org)

A very comprehensive resource on dying, death, bereavement.

*Compiled by: Pat Moriarty, M.A., & Manager*

***The Center for Living With Loss***

*For further information, please contact:*

***The Center for Living With Loss***

315/634-1100 / [www@hospicecny.org](mailto:www@hospicecny.org)

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