

Loss and Grief Bibliography

by Alan D. Wolfelt, Ph.D.

[Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief](#) *by Joanne Cacciatore*

[Healing After Loss: Daily Meditations](#) *by Martha Whitmore Hickman*

[Healing the Adult Sibling's Grieving Heart](#) *by Alan Wolfelt*

[How to Go on Living When Someone You Love Dies](#) *by Therese A Rando*

[It's OK that You're Not OK](#) *by Megan Devine*

[I Wasn't Ready to Say Goodbye](#) *by Brook Noel & Pamela D. Blair*

[On Grief and Grieving](#) *by Elizabeth Kubler Ross & David Kessler*

[One Pen, Two Hands, One Heart, One Soul](#) *by Michael Shapiro*

[Please be Patient I'm Grieving: How to Care For and Support the Grieving Heart](#) *by Gary Roe*

[The Body Keeps the Score](#) *by Bessel Van Der Kolk, MD*

[The Grieving Brain: The Surprising Science of How We Learn From Love and Loss](#) *by Mary Frances O'Connor*

[The Needs of the Dying: A Guide for Bringing Hope, Comfort, and Love to Life's Final Chapter](#) *by David Kessler*

[The Beauty of What Remains](#) *by Steve Leder*

[The Comfort Book](#) *by Matt Haig*

[The Orphaned Adult](#) by Alexander Levy

[The Other Side of Sadness](#) by George A. Bonanno

[The Year of Magical Thinking](#) by Joan Didion

[Understanding Your Grief: The Ten Essential Touchstones for Finding Hope & Healing Your Heart](#) by Dr. Alan Wolfelt

[When Your Soulmate Dies](#) by Dr. Alan Wolfelt

[When the Spirits Moves You: Life and Love After Death](#) by Justine Picardie



“Give Sorrow words; the grief that does not speak knits up the over wrought heart and bids it break.”

~William Shakespeare