GRIEF, LOSS, AND MOURNING

When we love someone and they die, it can feel devastating. This seems to be a universal part of our human experience. Family members, friends, and pets occupy a special place in our hearts. When someone we love is gone from our lives, it is as if a piece of us has been torn away. Grief is that process by which our minds heal this hurt. At the end of mourning, there is still sadness, but it is a thoughtful sadness that is tempered by the happy memories that we still possess.

The listed items are available at the Newton Free Library. The Newton Free Library, as well as the Minuteman Library Network, has many other books to help readers understand the role of grieving in our lives. Ask a librarian, if you need help. The call number for each book is underlined at the end of each listing. The “J PARENT” books are located in the Children’s Room.


Barber, Elke. Is Daddy Coming Back In a Minute? Explaining (Sudden) Death To Very Young Children In Words They Can Understand. (2016) J PARENT

Brizendine, Judy. Stunned By Grief: Remapping Your Life When Loss Changes Everything. 248.866 B77S 2011


Caputo, Theresa. Good Grief: Heal Your Soul, Honor Your Loved Ones, and Learn To Live Again. 155.937 C17G 2017

Carroll, B. Healing Your Grieving Heart After a Military Death: 100 Practical Ideas For Families and Friends. 155.937 C23H 2015

Curley, Terence P. Challenging the Landscape of Loss: Why What We've Been Told About Grief Doesn't Help. 155.937 C92C 2014

Davis, Deborah L. Empty Cradle, Broken Heart: Surviving the Death of Your Baby. 618.392 D29E 2016


Doyle, Shawn. The Sun Still Rises: Surviving and Thriving After Grief and Loss. 155.937 D77S 2014

Fraser, Kathleen. Mournings and Milestones: Honoring Anniversaries, Birthdays and Special Occasions After a Loved One Dies. 155.937 R18M 2015


Heath, Judy. *No Time For Tears: Coping With Grief In a Busy World.* 155.937 H35N 2015

Hone, Lucy. *Resilient Grieving: Finding Strength and Embracing Life After a Loss That Changes Everything.* 152.4 H75R 2017

Hutchinson, Gloria. *Damage Done: Suicide of an Only Son.* 155.937 H97D 2014


Kornfeld, Jody. *Death and Bereavement.* 155.937 K84D 2013


Rehm, Diane. *On My Own.* BIO R269 .RE 2016


Servaty-Seib, Heather L. *We Get It: Voices of Grieving College Students and Young Adults.* 155.937 S49W 2015


**INTERNET RESOURCES**

[https://medlineplus.gov/bereavement.html](https://medlineplus.gov/bereavement.html) An Internet service of the National Library of Medicine and the National Institutes of Health, divisions of the US Department of Health & Human Services. The Bereavement Health Topics page provides basic information on bereavement and grief as well as more advanced journal articles in language the general public will easily understand.


[www.mentalhealthamerica.net/conditions/coping-loss-bereavement-and-grief](http://www.mentalhealthamerica.net/conditions/coping-loss-bereavement-and-grief) The Web site of Mental Health America provides excellent information written in clear, easily-understood language about the grieving process.

[www.nci.nih.gov/](http://www.nci.nih.gov/) The National Cancer Institute maintains a very informative Web site. Type in “Grief, Bereavement, and Coping With Loss” in the search box to locate expert-reviewed information about grief, bereavement, and feelings of loss experienced by survivors of individuals who have died. Issues related to grief in children are also discussed.

July 18, 2017 EJW