



NMVC

National Mass Violence Center

Providing Resources to Victims,
Survivors, & Those Who Serve Them

National Mass Violence Center
Department of Psychiatry & Behavioral Sciences
Medical University of South Carolina
67 President Street, MSC 863
Charleston, SC 29425
NMVRC.org

Grief and Loss Suggested Reading List

The following is a reading list of self-help books that may provide comfort. This list is not comprehensive.

For Adults Who Have Lost a Loved One:

Title	Author(s)	Publisher	Publication Year	QR Code (if available)
<u>A Grief Like No Other: Surviving the Violent Death of Someone You Love</u>	Kathleen O'Hara and Dan Gottlieb	Marlow & Company	2006	
<u>Bearing the Unbearable: Love, Loss and the Heartbreaking Path of Grief</u>	Joanne Cacciatore	Simon and Schuster	2017	
<u>Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss</u>	Sameet M. Kumar	Harbinger Publications, Inc.	2005	
<u>Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death</u>	Alan D. Wolfelt	Compassion Press	2002	
<u>How to Go on Living When Someone You Love Dies</u>	Therese A. Rando	Bantam	1991	
<u>I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One</u>	Brook Noel and Pamela Blair	Champion Press	2000	
<u>It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand</u>	Megan Devine	Sounds True	2017	



For Adults Who Have Lost a Loved One (continued):

Title	Author(s)	Publisher	Publication Year	QR Code (if available)
<u>Lessons of Loss: A Guide to Coping</u>	Robert Neimeyer	Brunner Routledge	2002	
<u>Living with Grief: After Sudden Loss</u>	Kenneth Doka	Hospice Foundation of America	1996	
<u>Men and Grief: A Guide for Men</u> <u>Surviving the Death of a Loved</u> <u>One: A Resource for Caregivers</u> <u>and Mental Health Professionals</u>	Carol Staudacher		1991	
<u>Murder Survivor's Handbook: Real-</u> <u>Life Stories, Tips & Resources</u>	Connie Saindon	Wigeon Publishing	2014	
<u>No Time for Goodbyes: Coping</u> <u>with Sorrow, Anger, and Injustice</u> <u>After a Tragic Death</u>	Janice Harris Lord	Pathfinder Publishing	2001, Seventh Edition, 2014	
<u>Surviving Holidays, Birthdays and</u> <u>Anniversaries: A Guide for Grieving</u> <u>During Special Occasions</u>	Brook Noel	Fredonia: Champion Press, LTD	2003	
<u>The Sudden Loss Survival Guide: Seven</u> <u>Essential Practices for Healing Grief</u>	Chelsea Hanson	Mago Publishing	2020	



For Adults Who Have Lost a Loved One (continued):




Title	Author(s)	Publisher	Publication Year	QR Code (if available)
<u>What to Do when the Police Leave: A Guide to the First Days of Traumatic Loss</u>	Bill Jenkins	WBJ Press	2001	
<u>When Grief is Complicated</u>	Kenneth Doka and Amy Tucci	Hospice Foundation of America	2018	
<u>When There Are No Words: Finding Your Way to Cope with Loss and Grief</u>	Charlie Walton	Pathfinder Publishing	1996	

For Children and Teenagers Dealing with Loss:

Title	Author(s)	Publisher	Publication Year	QR Code (if available)
<u>After Murder: A Workbook for Grieving Kids</u>	Dougy Center for Grieving Children	Dougy Center	2001	
<u>Bereaved Children and Teens: A Support Guide for Parents and Professionals</u>	Earl A Grollman	Beacon Press	1996	
<u>Helping Children Cope with Death and 35 Ways to Help a Grieving Child</u>	Dougy Center for Grieving Children	Dougy Center	1999	



For Children and Teenagers Dealing with Loss: (continued):

Title	Author(s)	Publisher	Publication Year	QR Code (if available)
<u>Resources for Kids Available Online</u>	Dougy Center for Grieving Children	Dougy Center	2020	
<u>Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love</u>	Earl A Grollman	Beacon Press	1993	
<u>The Grieving Teen: A Guide for Teenagers and Their Friends</u>	Helen Fitzgerald	Simon and Schuster	2001	
<u>When Something Terrible Happens: Children Can Learn to Cope with Grief</u>	Marge Eaton Heegaard	Woodland Press	1991	

Informational Videos, Webinars, and Testimonials:

Title	Author(s)	Producer	QR Code (if available)
<u>After My Husband Was Murdered</u>	Dionne Wilson	TED Conferences	
<u>Aftermath of a Murder: Survivor Stories, Supporting Loss by Homicide</u>	Karen Weibe	Karen Weibe	



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Informational Videos, Webinars, and Testimonials (C:

Title	Author(s)	Producer	QR Code (if available)
<u>Individual and Collective Trauma: Coping with Homicide Due to Gun Violence in African American Communities</u>	Tanya L. Sharpe	DART Center for Journalism & Trauma	
<u>Losing a Loved One to Homicide. What We Know From Research and Practice</u>	Marina Duane and Sara Bastomski	Office for Victims of Crime	



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