



# Bereavement Books: Recommendations from Bereaved Parents



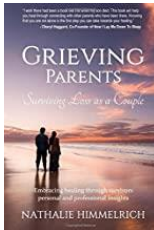


We understand that there is a wealth of books written to support people that have experienced grief and it can be daunting to know which ones might be helpful.

We have collated recommendations from bereaved parents of books they found helpful. We are aware that what is helpful for one person may not be helpful for another and so we have included a brief synopsis to help you decide if any of these particular books may be helpful for you.

All these books are available through amazon UK. If buying through amazon, please consider supporting **Ripples of Compassion** through [smile.amazon.co.uk](https://smile.amazon.co.uk) with your purchases.

**Cover**



**Book Details**

**Grieving Parents: Surviving Loss as a Couple**  
Natalie Himmelrich

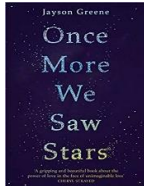
*The loss of a child affects the whole family, especially the parents and their relationship. The journey of grief has no set timeline or steps but unfolds as each person travels in their own way. This book will help you to:*

- Understand difference in female and male grieving*
- Find the best way to support yourselves individually and as a couple*
- Adjust to life post-loss and emerge as a stronger couple*

**It's Ok That You're Not Ok: Meeting Grief and Loss in a Culture That Doesn't Understand**  
Megan Devine



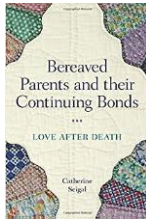
*With It's OK That You're Not OK, Megan reveals a path for navigating grief and loss not by trying to escape it, but by learning to live inside of it with more grace and strength. Through stories, research, life tips, and mindfulness-based practices, she offers a unique guide through an experience we all must face. Here she debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with the skills and tools to help us experience and witness the pain of loss in ourselves and others--so we may meet our grief knowing it to be a natural step in the greater journey of love.*



## **Once More We Saw Stars**

Jayson Greene

*A moving, transcendent memoir of the loss of a child and the survival of love in the wake of unimaginable tragedy.*



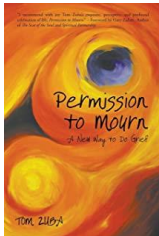
## **Bereaved Parents and their Continuing Bonds:**

### **Love After Death**

Catherine Seigal

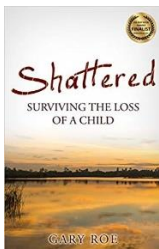
*For bereaved parents the development of a continuing bond with the child who has died is a key element in their grieving and in how they manage the future. Using her experience of working in a children's hospital as a counsellor with bereaved parents, Catherine Seigal looks at how continuing bonds are formed, what facilitates and sustains them and what can undermine them. She reflects on what she learned about the counsellor's role supporting parents in extremely distressing situations. Using the words and experiences of bereaved parents, and drawing on current theories of continuing bonds, the book is relevant to both professionals and parents. It covers important subjects such as the benefits of a therapeutic group for bereaved parents, the challenges for parents when another child is born, the important role of siblings in keeping the bonds alive and how it is for parents whose child dies before birth or in early infancy. The book uses theory lightly but relevantly and places it into the heart of the lived experience. It offers bereaved parents the opportunity to share other parents' experiences, to understand a little more about their own feelings and to know they are not alone.*

## **Permission to Mourn: A New Way to do Grief** Tom Zuba



*The death of someone we love cracks us open inviting us to become the person we were born to be. This is the book Tom Zuba wishes he had read after his daughter Erin died. And after his wife Trici died. It's the book he wishes he'd been handed following his son Rory's death. But Tom had to live it. First. Before he could write it. For you. In the beginning, Tom did grief the old way. Repressing, denying, pretending, numbing and stuffing every feeling and every emotion that arose. He created pain on top of pain until he began searching for a new way. A new way to do grief. Once he gave himself permission to mourn, healing began. Along the way, Tom discovered that: \* Grief is not the enemy. Grief can be one of our greatest teachers. \* It's the stories we tell that determine whether or not we will heal. \* We will always have a relationship with the people we love that have died. \* We were not born to suffer. We were born to be radiant. There is a new way to do grief.*

## **Shattered: Surviving the Loss of a Child** Gary Roe



*Bestselling author, hospice chaplain, and grief specialist **Gary Roe** uses his three decades of experience interacting with grieving parents to give us this heartfelt, easy-to-read, and intensely practical book. In **Shattered**, **Gary Roe** utilizes the stories and journeys of many bereaved parents to walk the reader from shock to hope.*

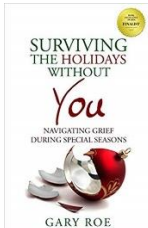
### **Surviving the Holidays Without You: Navigating Grief During Special Seasons**

Gary Roe

*Speaking from both personal and professional grief experiences, he will empower you to navigate special days and seasons with new confidence.*

*Holidays are difficult, especially when you're grieving the loss of someone you love. In this book:*

- Deal with unspoken yet powerful expectations
  - Handle continual memories and reminders of your loved one
  - Face feeling misunderstood, lonely, and isolated,
  - Process unpredictable emotions/feeling vulnerable
  - Take yourself and your own heart seriously
  - Make good choices: what to do, how, & with whom
- Facing a holiday while grieving the loss of a spouse, child, parent, or someone close is tough duty. Use holidays and special times to help you grieve and honor the one you're missing.*



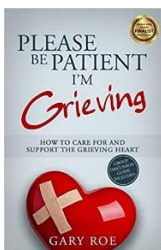
### **Please be patient, I'm Grieving: How to Care For and Support the Grieving Heart**

Gary Roe

*If you're wanting to help someone who's grieving, you'll get a glimpse of what's going on inside them and be better able to support them. If you're in the midst of loss, you'll see yourself as you read, and be encouraged that you aren't as weird as you thought.*

*In Please Be Patient, I'm Grieving, you will learn...*

- How hurting, grieving people are thinking/feeling.
- How to discover what they need and don't need.
- What to say and not to say.
- How to be a help and not a hindrance in the grieving process.
- How the grief and pain of others can affect you.
- How helping others stimulates your own personal healing.



## **Permission to Thrive: My Journey from Grief to Growth**

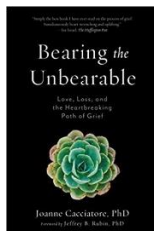
Susan Angel Miller



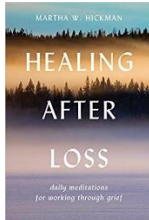
*In **Permission to Thrive**, Susan Angel Miller traces her extraordinary journey, which begins where her healthy fourteen-year-old daughter dies suddenly from a brain tumor, and the family's decision--with their rabbi's counsel--to donate Laura's organs, saving the life of a woman with whom the Miller family would cultivate an exceptional relationship. This intensely personal story addresses the universal topics of death, illness, and trauma while conveying a hopeful message. Life-changing tragedies might be impossible to predict or prevent, but it's the response to these adversities which influences the extent and likelihood of post-traumatic emotional growth. This memorable book speaks to anyone who fears when the next bad event will occur and how they will respond. This book reveals the human ability to grieve, survive, and eventually thrive.*

## **Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief**

Joanne Cacciatore



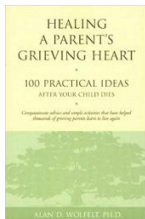
*Grief and love are two expressions of the same process--and nothing is more mysteriously central to becoming fully human. For any who love, grieving is all but inevitable. When a loved one dies, the pain of loss can feel unbearable--especially in the case of a traumatizing death that leaves us shouting NO! with every fiber of our body. Grief commands our attention and erupts unpredictably, inescapably. The process of grieving can feel wild and nonlinear--and often lasts for much longer than other people, the non-bereaved, tell us it should. And it is important.*



## **Healing After Loss: Daily Meditations for Working Through Grief**

Martha Whitmore Hickman

*The classic guide for dealing with grief and loss. For those who have suffered the loss of a loved one, here are thoughtful words to strengthen, inspire and comfort.*



## **Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies**

Alan D. Wolfelt

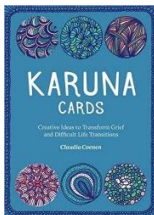
*Presenting simple yet highly effective methods for coping and healing, this book provides answers and relief to parents trying to deal with the loss of a child. It offers 100 practical, action-oriented tips for embracing grief, such as writing a letter to the child who has died; spending time with others who will listen to stories of grief; creating a memory book, box, or Web site; and remembering others who may still be struggling with the death.*

*The guide also addresses common problems for grieving parents, including dealing with marital stress, helping surviving siblings, dealing with hurtful advice, and exploring feelings of guilt. This compassionate resource will aid parents who have been through the death of a child--whether the passing happened recently or many years ago, whether the child was young or an adult.*



## **Karuna Cards: Creative Ideas to Transform Grief & Difficult Life Transitions**

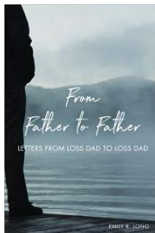
Claudia Coenen



*The Karuna Cards were developed in counseling with bereaved families and individuals, and are designed to help anyone struggling with loss, grief or difficult life transitions. Writing in a journal is an effective therapeutic technique, but many people find it difficult to know where to begin. The Karuna Cards help by providing prompts and questions that can be used as starting points, in addition to suggesting therapeutic activities or ideas for simple meditations. Readers can respond to each card by doing the activity, writing in a personal journal or using the card in conversation with someone they trust.*

## **From Father to Father: Letters From Loss Dad to Loss Dad**

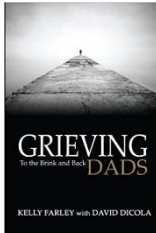
Emily R Long



*This book is a simple book of letters written for you, a grieving loss dad, from other loss dads who are living and surviving after the death of their precious child. In the pages of this book, fathers from around the world share letters of love from their hearts to yours with the hope that, maybe, in the darkest, loneliest hours of grief, you will find a little bit of comfort in the words of another father who has been where you are now. Too often a father's grief and experience of loss is overshadowed or unacknowledged after the death of their children. This book offers acknowledgement and gives voice to the experience of fathers grieving their children. The fathers speaking through these pages offer support and recognition to let you know that you are not alone. They are here with you.*

## **Grieving Dads: To the Brink and Back**

Kelly Farley



*Grieving Dads: To the Brink and Back is a collection of candid stories from grieving dads that were interviewed over a two year period. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. They are real stories that pull no punches and are told with brutal honesty. Men that have shared their deepest and darkest moments. Moments that included thoughts of suicide, self-medication and homelessness. Some of these men have found their way back from the brink while others are still standing there, stuck in their pain. The core message of Grieving Dads is “you’re not alone.” It is a message that desperately needs to be delivered to grieving dads who often grieve in silence due to society’s expectations. Stories appearing in the book have been carefully selected to represent a cross-section of fathers, as well as a diverse portrayal of loss. This approach helps reflect the full spectrum of grief, from the early days of shock and trauma to the long view after living with loss for many years. Any bereaved father will find brotherhood in these pages, and will feel that someone understands them. While there is plenty of raw emotion in this book—the stories are not exercises in self-pity nor are they studies in grief. They are survival stories instead. Some are testimonies to hope. Some are gut-wrenching accounts of overwhelming despair. But all of them are real-life stories from real-life grieving dads, and they show that even if one reaches his physical and emotional bottom, it is possible (although not easy) to live through that pain and find one’s way to the other side of grief.*

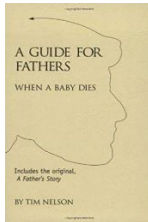
E: [contact@ripplesofcompassion.com](mailto:contact@ripplesofcompassion.com)

W: [www.ripplesofcompassion.com](http://www.ripplesofcompassion.com)

F: [www.facebook.com/rippleolive](https://www.facebook.com/rippleolive)

## **A Guide For Fathers: When A Baby Dies**

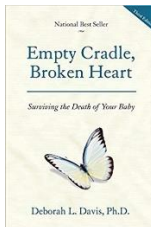
Tim Nelson



*This pocket sized book is for men who experience the death of their infant child -- whether it be miscarriage, stillbirth or early infant death. Meant to be a guide during the early hours and days after finding out the news of their baby's death, the book offers suggestions for communicating with medical caregivers, offering support to their partner, telling the news to other children, making funeral arrangements and taking care of themselves in a time of crisis. It goes on to talk about effective communications during the weeks and months following the loss, going to a support group, \* to the workplace, and the issues surrounding a subsequent pregnancy.*

## **Empty Cradle, Broken Heart**

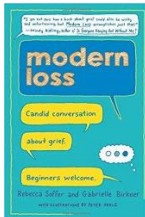
Deborah Davis



*This book offers reassurance to parents who struggle with anger, guilt, and despair during and after such a tragedy. Deborah Davis encourages grieving and strives to cover many different kinds of loss, including information on issues such as the death of one or more babies from a multiple birth, pregnancy interruption, and the questioning of aggressive medical intervention. There is also a special chapter for fathers as well as a chapter on "protective parenting" to help anxious parents enjoy their precious living children. Most importantly, parents facing the death of a baby will find necessary support in this gentle guide.*

## **Modern Loss: Candid Conversation about Grief. Beginners Welcome.**

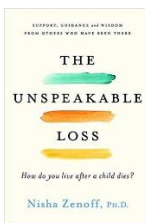
Rebecca Soffer



*This book is a fresh and irreverent examination into navigating grief and resilience in the age of social media, offering comfort and community for coping with the mess of loss through candid original essays from a variety of voices, accompanied by gorgeous two-color illustrations and wry infographics. At a time when we mourn public figures and national tragedies with hashtags, where intimate posts about loss go viral and we receive automated birthday reminders for dead friends, it's clear we are navigating new terrain without a road map. Soffer and Birkner, along with forty guest contributors, reveal their own stories on a wide range of topics including triggers, sex, secrets, and inheritance.*

## **The Unspeakable Loss: How Do You Live When a Child Dies?**

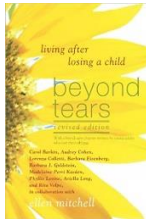
Nisha Zenoff



*Charting the long path from shock, trauma, and overwhelming pain, to a life that once again contains joy, love, and laughter, *The Unspeakable Loss* addresses the importance of self-care and also provides a needed view into how the death of a child affects siblings and other family members. Written in a Q & A format, *The Unspeakable Loss* goes deeply to the heart of grief, answering the urgent questions that accompany loss. "Will my tears ever stop?" "Who am I now without my child?" "How can I help my other children cope?" "Will my marriage survive?" "Will life ever feel worth living again?" By directly answering the questions raised by grief, *The Unspeakable Loss* speaks wisely and compassionately, offering bite-sized chunks of wisdom in language the bereaved can absorb.*

## **Beyond Tears: Living After Losing a Child**

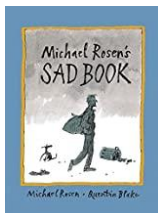
Ellen Mitchell



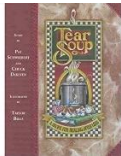
*The death of a child is an unimaginable loss that no parent ever expects to face. In "Beyond Tears", nine mothers share their individual stories of how to survive in the darkest hour. They candidly share with other bereaved parents what to expect in the first year and long beyond: harmonious relationships can become strained; there is a new definition of what one considers 'normal'; the question 'how many children do you have?' can be devastating; mothers and fathers mourn and cope differently; surviving siblings grieve and suffer as well; there simply is no answer to the question 'why?' This sharing in itself is a catharsis and because each of these mothers lost her child at least seven years ago, she is in a unique position to provide perspective on what newly bereaved parents can expect to feel. The mothers of "Beyond Tears" offer reassurance that the clouds of grief do lessen with time and that grieving parents will find a way to live, and even laugh again.*

## **Michael Rosen's Sad Book**

Michael Rosen (and Quentin Blake)



*Very occasionally the term non-fiction has to stretch itself to accommodate a book that fits into no category at all. Michael Rosen's Sad Book is such a book. It chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain. It wasn't made like any other book either; Michael Rosen said of the text, "I wrote it at a moment of extreme feeling and it went straight down onto the page ... Quentin didn't illustrate it, he 'realized' it. He turned the text into a book and as a result showed me back to myself.*



### **Tear Soup: A Recipe for Healing After Loss**

Pat Schwiebert, Chuck DeKlyen et al.

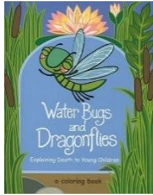
*In this modern-day fable, a woman who has suffered a terrible loss cooks up a special batch of "tear soup," blending the unique ingredients of her life into the grief process. Along the way she dispenses a recipe of sound advice for people who are in mourning. A book for all ages that helps understand grief.*



### **The Invisible String**

Patrice Karst

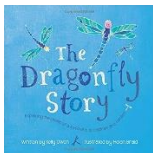
*Parents, educators, therapists, and social workers alike have declared *The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: An *Invisible String* made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love. Does everybody have an *Invisible String*? How far does it reach? Does it ever go away? This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love.*



### **Water Bugs and Dragonflies: Explaining Death to Young Children**

Doris Stickney

*The Pilgrim Press introduces its perennial bestseller "Water Bugs and Dragonflies: Explaining Death to Young Children" by Doris Stickney in coloring book format.*



### **The Dragonfly Story: Explaining the death of a loved one to children and families**

Kelly Owen

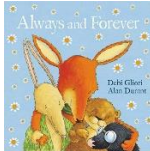
*This beautifully illustrated story is an adaptation of the fable of the transformation of the dragonfly. This fable has been long used to explain death and the hope of heaven. Using the experience of the death of her eldest child, the author, Kelly Owen, has retold the fable in simple terms to encourage children and families to talk about death and what happens when we die. The book does not shy away from the subject of death, but aims to explain it in a real and loving way. The book is ideal for people of all beliefs and none. The Dragonfly Story offers hope and comfort to the bereaved.*



### **Badger's Parting Gifts**

Susan Varley

*Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends. **Endorsed by Child Bereavement UK.***



## **Always and Forever**

**Alan Durant**

*When Fox dies the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.*

