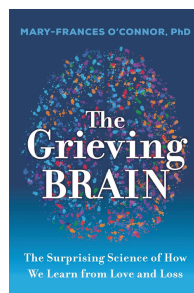


**365 Days of Understanding Your Grief**

*Alan Wolfelt*



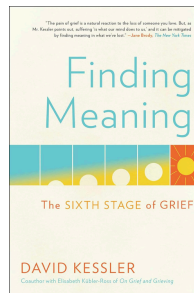
**The Grieving Brain**

*Mary-Frances O'Connor*



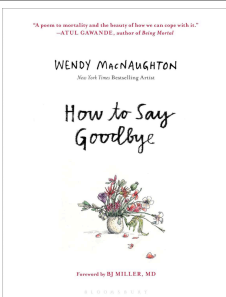
**It's OK That You're Not OK**

*Megan Devine*



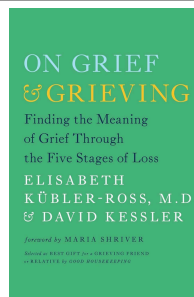
**Finding Meaning: The Sixth Stage of Grief**

*David Kessler*



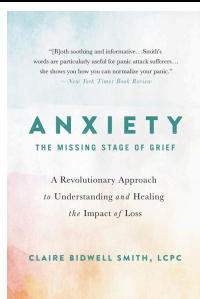
**How to Say Goodbye**

*Wendy MacNaughton*



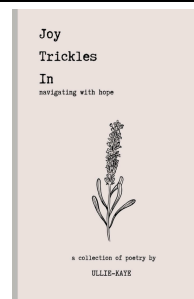
**On Grief and Grieving**

*Elisabeth Kübler-Ross & David Kessler*



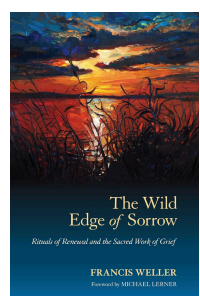
**Anxiety: The Missing Stage of Grief**

*Claire Bidwell Smith*



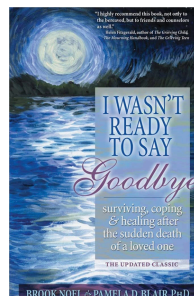
**Joy Trickles In  
Navigating With Hope  
*a collection of poetry***

*Ullie-Kaye*



**The Wild Edge of Sorrow**

*Francis Weller*



**I Wasn't Ready to Say Goodbye**

*Brook Noel & Pamela D Blair*

### Books for Spouse Loss

- Black Widow - Leslie Gray Streeter
- Grief is a Sneaky B\*tch - Lisa Keefauver
- Hot Young Widows Club - Nora McInerney
- Widowed. Rants, Raves and Randoms - John Polo

### Books for Parent Loss

- Healing After the Loss of Your Mother: A Grief & Comfort Manual - Elaine Mallon
- Lost and Found - Kathryn Schulz
- Notes on Grief - Chimamanda Ngozi Adichie

### Books for Children

- Cape - Kevin Johnson
- The fall of Freddie the Leaf - Buscaglia
- Good Things - Maryah Greene
- Grief is a Mess - Jackie Schuld
- I Miss You Most - Charlotte Cheng
- Invisible String - Karst & Stevenson
- Just What to Do - Kyle Lukoff

- Still Mine - Jayne Pillemer
- What Does Grief Feel Like - Korie Leigh
- When Dinosaurs Die - Brown & Brown
- Why Do Things Die - Katie Daynes

### Books for Child Loss

- The Unspeakable Loss: How Do You Live After a Child Dies? - Nisha Zenoff

### Podcasts

- Griefcast - Cariad Lloyd
- All There Is - Anderson Cooper
- The Secret Lives of Black Women
  - Episode 30 - Confronting Grief With Keisha Wells
  - Episode 31 - Creating New Support Networks With Etta Fly
- Terrible, Thanks for Asking - Nora McInerney
- Grief Uncensored - Julia Gallegos & Yako Shirasuna
- Huberman Lab
  - Episode 74 - The Science & Process of Healing from Grief



### Websites

- [whatsyourgrief.com](https://whatsyourgrief.com)
- [centerforloss.com](https://centerforloss.com)
- [covidgriefnetwork.org](https://covidgriefnetwork.org)
- [optionb.org](https://optionb.org)
- [mindfulnessandgrief.com](https://mindfulnessandgrief.com)
- [modernloss.com](https://modernloss.com)