

# RECOMMENDED BOOKS ON GRIEF

## **A Grace Disguised: How the Soul Grows Through Loss – Jerry Sittser**

One of the most beloved Christian books on grief. Sittser writes honestly about loss and the slow, surprising expansion of the soul through suffering.

## **Walking with God Through Pain and Suffering – Timothy Keller**

Keller blends theology with pastoral wisdom, offering a grounded understanding of suffering that feels practical and steady.

## **The Year of Magical Thinking – Joan Didion**

A beautifully written memoir about grief's surreal, disorienting nature. Not a guidebook—more like sitting beside someone who has actually lived it.

## **The Wild Edge of Sorrow – Francis Weller**

A poetic exploration of personal and collective grief. Weller bridges psychology with ritual in a way doulas often appreciate.

## **It's OK That You're Not OK – Megan Devine**

An honest, modern book challenging the “fix it” culture around grief. Devine offers language for people who feel misunderstood in loss.

## **Lament for a Son – Nicholas Wolterstorff**

A short, profound collection of reflections from a theologian grieving his son. Considered a modern classic in Christian lament.

## **A Grief Observed – C.S. Lewis**

Raw, personal, and deeply reflective. Lewis captures the turbulence of grief while wrestling honestly with faith.

## **The Hardest Peace – Kara Tippetts**

Written while facing terminal cancer, Tippetts offers a gentle view of trusting God in the end-of-life journey.

## **Finding Meaning: The Sixth Stage of Grief – David Kessler**

Kessler's powerful companion book introducing “meaning-making,” a concept widely used by modern grief therapists. Families often find this one deeply comforting.

## **Bearing the Unbearable – Dr. Joanne Cacciatore**

A grief therapist and researcher who writes with stunning emotional clarity. Often recommended by hospice workers for its gentleness.

**The Grief Recovery Handbook –  
John W. James & Russell Friedman**

A structured but accessible approach used by many grief-support programs. Families appreciate the simple, step-based guidance.

**When Breath Becomes Air –  
Paul Kalanithi**

A physician facing terminal illness writes about meaning, mortality, and love. Often recommended for families navigating anticipatory grief.

**On Grief and Grieving–  
Kübler-Ross and Kessler**

The book breaks down specific stages that grieving individuals experience and is based on Kübler-Ross's work with terminally ill patients.

**I Wasn't Ready to Say Goodbye:  
Surviving, Coping & Healing After  
the Sudden Death of a Loved One by  
Brook Noel & Pamela D. Blair, PhD**

Practical guidance in a compassionate tone with tools and support that will help you cope with the heartbreak of a sudden loss. For those seeking comfort, guidance and a deeper understanding of their grief.”

## BOOKS FOR CHILDREN

**When Someone Dies: A Child-  
Caregiver Activity Book – National  
Alliance for Grieving Children**

Structured as an activity book for children to complete alongside their caregivers, this book provides several interactive activities that children can complete to better understand and help cope with their grief

**Modern Loss: Candid Conversation  
About Grief. Beginners Welcome –  
Rebecca Soffer and Gabrielle  
Birkner**

This book aims to reframe the emotions an individual feels when they are experiencing grief. The authors both lost parents when they were young and are aiming to bring more transparency when talking about grieving and dying. Great for Teens.

**Helping Children Cope with  
Loss & Change – Claudia Jewett**

2A trusted resource for families with kids, offering clear explanations and practical guidance without overwhelming parents.

**Ida, Always Hardcover –  
by Caron Levis**

A beautiful, honest portrait of loss and deep friendship told through the story of two iconic polar bears. For 4-9 year olds.