



Suggested Books for Grieving Adolescents

- 1- Canfield, J., Hansen, M. V., & Bergman, B. (1993). *Chicken soup for the soul: 101 stories to open the heart and rekindle the spirit*. Deerfield Beach: Health Communications Inc.

Adolescents. It's like homemade chicken soup that warms the chill and heals the ill. This collection of 101 stories is based on the belief that true testimonies of goodness and loving transformations can nourish us to the bone and heal the cynicism in our hearts. Indeed, most every story seeps in deeply. It's hard not to shed a tear of gratitude, feeling thrilled to have been touched and soothed so easily.

- 2- Edelman, H. (2006). *Motherless daughters*. Cambridge: Da Capo Press.

Female adolescents and adults. The death of a mother--particularly during one's young years--is traumatic. Writing of her own experiences of losing her mother when she was 17, and the grief of hundreds of women she interviewed who lost their mothers through death, abandonment or another form of separation, freelance writer Edelman marshals a wealth of anecdotal evidence, supplemented with psychological research about bereavement, that indicates that one's longing for a mother never disappears. Though the focus is on early loss for girls and the implications for their developing identity, adult daughters also speak in these pages to provide another poignant perspective. The author succeeds in opening up cathartic dialogues, personalizing a life-changing event and offering guidelines to help women of any age live with their loss.

- 3- Fitzgerald, H. (2000). *The grieving teen*. Parksville: Fireside Books.

Adolescents. Although the circumstances surrounding a death are difficult to handle at any age, adolescence brings with it challenges and struggles that until now have been largely overlooked. But in this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives them the tools they need to work through their pain and grief. Writing not only about but also for teenagers, Fitzgerald adeptly covers the entire range of situations in which teens may find themselves grieving a death, whether the cause was old age, terminal illness, school violence, or suicide. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.

4- Grollman, E. A. (1993). *Straight talk about death for teenagers: Hope to cope with losing someone you love*. Ypsilanti: Beacon Press.

Adolescents. With brief entries such as "Accidental Death," "Self-Inflicted Death," "Talking," "Crying," and "Going Nuts," Grollman offers advice and answers the kinds of questions that teens are likely to ask themselves when grieving the death of someone close.

5- Wolfelt, A. (2001). *Healing a friend's grieving heart: 100 practical ideas for helping someone you love through loss*. Fort Collins: Companion Press.

Adolescents-Adults-Professionals. A compassionate resource for friends, parents, relatives, teachers, volunteers, and caregivers, this series offers suggestions to help the grieving cope with the loss of a loved one. Often people do not know what to say—or what not to say—to someone they know who is mourning; this series teaches that the most important thing a person can do is listen, have compassion, be there for support, and do something helpful. This volume provides the fundamental principles of being a true companion, from committing to contact the friend regularly to being mindful of the anniversary of the death. Included in each book are tested, sensitive ideas for “carpe diem” actions that people can take right this minute—while still remaining supportive and honoring the mourner’s loss.

6- Wolfelt, A. (2001). *Healing your grieving heart for teens: 100 practical ideas* Fort Collins: Companion Press.

Adolescents. A book that is written in clear, user-friendly prose. Each page presents a different idea designed to help teens recognize mourning as a natural process connected with loss, reassuring them that they should not be afraid of deep, sometimes uncontrollable emotions, and showing them how to release grief in healthy, positive ways. Several suggestions appear under each heading; many of them encourage readers to express their feelings in a journal. The book has a comfortable tone to it, without taking away from the very definite need to deal with grief. It seems to work with, rather than talk at teens as they tackle the problem/solution process. A good first step toward admitting the need for and getting help.

7- Wolfelt, A. (2010). *The wilderness of suicide grief: Finding your way*. Bozeman: Companion Press.

Adolescents - Adults. Presenting the idea of wilderness as a sustained metaphor for grief, this compassionate guide explores the unique responses inherent to the grief felt by those who have experienced the suicide of a loved one and offers information about coping with such a profound loss. Likening the death of a loved one to the experience of being wrenched from normal life and dropped down in the middle of nowhere, the handbook employs 10 touchstones, or trail markers, that survivors use to begin to make their way through the new landscape. Each touchstone gently guides readers through the entire grieving process and includes topics such as dispelling misconceptions regarding suicide, exploring feelings, and embracing the uniqueness of a loss.