



GHS Hospice of the Foothills

Suggested Readings on Grief and Loss

As you continue through the journey of grieving your loved one, we would like to offer some suggestions for books and brochures that you may find helpful. Copies of the books and brochures can be found in the Hospice of the Foothills bereavement office (390 Keowee School Road, Seneca). Come by during business hours or call (864) 882-8940 to schedule an appointment.

- "Widowed" by Joyce Brothers, PhD
- "In My Mother's Kitchen: An Introduction to the Healing Power of Reminiscence" by Robin A. Edgar
- "The Grieving Teen: A Guide for Teenagers and Their Friends" by Helen Fitzgerald
- "Widow to Widow: Thoughtful, Practical Ideas for Rebuilding Your Life" by Genevieve D. Ginsburg
- "Straight Talk About Death for Teenagers: How to Cope with Losing Someone You Love" by Earl A. Grollman
- "Talking About Death: A Dialogue between Parent and Child" by Earl A. Grollman
- "The Grief Recovery Handbook" by John W. James and Russell Friedman
- "Dear Parents: Letters to Bereaved Parents" edited by Joy Johnson
- "Living with Grief: Coping with Public Tragedy" edited by Marcia Lattanzi-Licht and Kenneth Doka
- "Remembering with Love: Messages of Hope for the First Year of Grieving and Beyond" by Elizabeth Levang
- "Who Dies?" by Stephen Levine
- "Ninety Minutes in Heaven" by Don Piper
- "The Bereaved Parent" by Harriet Sarnoff Schiff
- "The 13th Gift: A True Story of a Christmas Miracle" by Joanne Huist Smith
- "Good Grief" by Granger Westberg
- "Afterglow: Signs of Continued Love" by Karla Wheeler
- "Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies" by Alan D. Wolfelt, PhD
- "Healing Grief at Work: 100 Practical Ideas After Your Workplace is Touched by Loss" by Alan D. Wolfelt, PhD
- "The Mourner's Book of Hope" by Alan D. Wolfelt, PhD
- "Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart" by Alan D. Wolfelt, PhD

Brochures

- "10 Steps to Grieving the Loss of a Parent"
- "Answers to a Child's Questions about Death"
- "Grief in the Workplace: When an Employee Dies"
- "Helping Teenagers Cope with Grief"
- "Helping Yourself Heal"
- "Helping Yourself Heal During the Holiday Season"
- "Helping Yourself Heal When Someone Dies"
- "Helping Yourself Heal When Your Spouse Dies" (or parent, adult sibling)
- "Sad Hug, Mad Hug, Happy Hug: A Children's Story about Death"
- "Supporting Someone Who is Grieving"
- "Talking to Children about Death"
- "When A Child Dies...The Compassionate Friends Can Help"
- "Your Next Baby" (for parents who have experienced miscarriage, stillbirth or infant death)

Please call us at **(864) 882-8940** if you have questions about these materials or if we can help you in any other way.