

## **LOSS and GRIEF**

Updated September/10

LG 1

**Life after loss : a personal guide dealing with death, divorce, job change and relocation** / Bob Deits

**1992** ISBN 1555610498

Here is a positive, sensitive approach for successful recovery from painful loss, including the death of a loved one or friend, divorce, relocation, job loss, retirement, major surgery or onset of chronic illness.

LG 2 (2 copies A & B)

**The abortion myth : feminism, morality and the hard choices women make** /

Leslie Cannold

**1998** ISBN 1864485221

Women answer some of the ethical dilemmas associated with abortion.

LG 4

**Helping children cope with separation and loss** / Claudia Jewett Jarrat

LG 5

**Don't wait until I die to send me flowers : book 2 - self help : helping yourself recover from loss and grief** / Evie Hodge

**1996** ISBN 0646290053

Grief has many different causes but is usually related to a loss of some kind. Among others this can include the loss of a relationship, business or a home, death of a loved person and disablement or serious illness. Many of the effects of grief however, are similar as is the path to recovery.

LG 6

**Widow's journey : a return to the loving self** / Xenia Rose

**1990** ISBN 0805018379

Drawing on her own experience and on those of many other widows, Xenia Rose has written a wise and reassuring book that will help widows survive one of life's most painful times.

LG 7 2 Copies

**On Death and Dying** / Elisabeth Kubler-Ross

**1973** ISBN 0422754900

The fear of death, attitudes towards death and dying, the stages of emotional response, maintaining hope, family issues, interviews with terminally ill patients, attitudes of the caring professions and palliative care are discussed in this classic.

LG 8

**Suddenly single!** / Hal Larson and Susan Larson

**1993** 2<sup>nd</sup> edition ISBN 1879904098

Thoughts on dealing with the stages of grief, (shock, denial, anger and guilt, withdrawal, and healing) after death, divorce, separation, or break-up.

LG 9

**Allies in healing : when the person you love was sexually abused as a child** /

Laura Davis

**1991** ISBN 0060968834

Based on in-depth interviews and her workshops for partners across the country, Laura Davis offers practical advice and encouragement to all partners - girlfriends, boyfriends, spouses, and lovers - trying to support the survivors in their lives while

tending to their own needs along the way.

LG 10

**Rest assured : a legal guide to wills, estates and funerals** / Redfern Legal Centre Publishing

**1995** Revised edition ISBN 0947205349

Contains answers to common questions associated with wills, estates and funerals and has samples

LG 11

**Death is of vital importance : on life, death, and life after death** / Elisabeth Kubler-Ross

**1995** ISBN 0882681869

Stories of death and dying, healing and life.

LG 12

**After suicide : help for the bereaved** / Dr Sheila Clark

**1995** ISBN 0855722622

People bereaved by suicide will feel validated, supported and informed about resources which may help when their need is the greatest.

LG 13

**Abortion and afterwards** / Vanessa Davies

**1995** ISBN 1853980188

Avoiding any moral debate, this book provides comprehensive information on medical, legal and practical aspects from the discovery and confirmation of the pregnancy, through the decision making process, and with a particular emphasis on the emotional aftermath.

LG 14

**Journey through loss and grief : a personal account of loss** / Lyn Drummond

**1997** ISBN 1876259272

The author tells how she coped with the sudden death of her husband and with the subsequent loss of her job.

LG 15

**For women who grieve : twelve steps to life after the death of your partner** /

Tangea Tansley

**1995** ISBN 0850916676

A path to recovery from the grief of losing a partner is outlined.

LG 16

**If you can't understand me, just love me** / Elaine Peddy

**1991** ISBN 0646034812

This book tells of Elaine and her children's personal tragedy and learning to live again.

LG 17

**Something I've never felt before : how teenagers cope with grief** / Doris

Zagdanski

**1990** ISBN 0855721995

Written for young people between 12 and 21 years this book deals with grief and coping, acceptance and support from friends, parents, and teachers.

LG 18

**Life after loss** / Bridget Pluis

**1998** ISBN 0733609090

It's not always the major traumas such as the death of a loved one or the destruction of our home that bring with them grief of loss. "Letting go" of a child about to be wed, or moving to a new city - events usually regarded as milestones to be celebrated - often leave people feeling bereft, lonely and sad.

LG 19

**When your partner dies** / Mary Mortimer

**1991** ISBN 0868064181

Written from her own experience of losing two partners (from sudden illness and assisted death), the author addresses issues of grief, practical matters, and emotional and health problems for bereaved partners.

LG 20

**Good grief rituals : tools for healing** / Elaine Childs-Gowell

**1992** ISBN 0882681184

This book provides a set of skills for anyone who has experienced a loss of any kind in their life.

LG 21

**The grief of our children** / Dianne McKissock

**1998** ISBN 0733306799

This book explores the grief of children of all ages and highlights specific aspects of grief at each stage of psychosocial development.

LG 22 (2 copies A & B)

**No time for goodbyes : coping with sorrow, anger and injustice after a tragic death** / Janice Harris Lord

**1991** 4<sup>th</sup> edition ISBN 0934793409

Gives hope and useful suggestions to survivors grieving for a loved one (child, sibling, partner, or partner) who has been killed or who has committed suicide. Anniversaries, spiritual matters, counselling, legal matters, and financial matters are also covered.

LG 23

**A good death : a guide for patients and carers facing terminal illness at home** / Elizabeth Lee

**1995** Australian edition ISBN 0949142255

This practical guide is for patients who are dying and for those who are caring for them.

LG 24

**A silent love : personal stories of coming to terms with miscarriage** / Adrienne Ryan

**2000** ISBN 0140291644

For too long now, people who have suffered miscarriage, stillbirth or neonatal death have been made to feel they shouldn't talk about it. As a result, their grief has often been compounded by guilt, shame, and sometimes anger. This collection of real life stories gives voice to that grief, and considers the medical, social and personal issues involved

LG 25

**The journey from abandonment to healing** / Susan Anderson

**2000** ISBN 0732268982

Designed to help with the survival and recovery from abandonment and the loss of love, the five stages of shattering, withdrawal, internalising, rage and lifting of hope

are described and exercises for managing the pain and building a new life are outlined.

LG 26

**The child within : surviving the shattered dreams of motherhood** / Linda Fiske  
2001 ISBN 0855723181

Women tell of their journeys through the despair of infertility or the grief of the loss of a child through miscarriage, illness or accident. They may start to hate their bodies or their partners, but if they acknowledge their feelings and own their pain they can eventually open themselves to the possibilities of life after infertility. Useful for counsellors also.

LG 27

**What to Do When Someone Dies** / Stella Tarakson  
2001 ISBN 0947277749

A guide to practical arrangements that have to be made after a death.

LG 28

**Henry** / Sue Wilkinson  
2000

Dedicated to the memory of our beautiful baby boy 3.9.98 – 16.9.98

LG 29

**Safe Passage** / Molly Fumia  
2003 ISBN 1573249017

Words to help the grieving. Offers a compassionate, understanding companion for the difficult yet transformative journey from the grief and heartache of loss to the hope and possibility of love eternal.

LG 30

**Rituals for Life, Love & Loss** / Dorothy McRae-McMahon / 2003 / 9 781920 727024  
Provides spiritual rituals and meditations for the modern world. From naming a child & blessing a home to the sadness of ending a marriage & a simple funeral.

LG 31

**Healing a Spouse's Grieving Heart**/Alan D.Wolfelt, PH.D.  
ISBN 2003/1-879-651-37-8

100 practical ideas after your husband or wife dies. Compassionate advice and simple activities for widows and widowers.

LG 32

**When the Bough Breaks:After the Death of a Son or Daughter**/Judith R.  
Bernstein

1997 ISBN 0 8362 5282 9

This book offers bereaved parents the comfort of learning how others have coped with the loss of a child. With honesty and empathy, it acknowledges that no family ever "recovers" from this tragedy, but rather adapts to a life irretrievably altered.

LG 33

**No Middle Name – A mother talks about youth suicide** / Tilly Brasch  
2005 ISBN 187681 9901

A story of every parent's worse nightmare – the death of their child. The reader will look closely at the author's son who was let down by a system unable to deal with mental illness. This is also a story of her consolation and hope for others.

LG 34

**The Grief Club** / Melody Beattie

**2006** ISBN 13 978 1 59285 349 8

Part memoir, part self-help book, and part journalism this book explores the power and effectiveness of joining a group to help with the grieving process.

LG 35

**After He's Gone – A guide for widowed and divorced women**/ Barbara Tom

Howell and Donnette Schwisow

**2001** ISBN 0 8065 2301 8

This book is an excellent resource for women who have suffered loss through divorce or the death of a husband. It will help to inspire you and help you find the strength you need to get through difficult times.

LG 36

**How to Survive the Loss of a Child** / Catherine M. Sanders

**1998** ISBN 0 7615 1289 6

Written by a bereaved parent this book offers grieving parents practical help and emotional support. Also helps family members, friends and carers understand the process of healing through grief.

LG 37

**After Suicide** / Eleanora Betsy Ross

**1997** ISBN 0 7382 0596 6

Deals with the legacy of taboo shame guilt and embarrassment imposed on the survivors of suicide. Offers understanding and practical advice.

LG 38

**Lost Fathers** / Laraine Herring

**2005** ISBN 10 1 59285 155 X

Help for women to heal from adolescent father loss whether through divorce, death. Incarceration addiction or abandonment. Deals with issues of commitment, trust, intimacy, self confidence and independence.

LG 39

**Perfect Endings** / Stephen Levine

**1998** ISBN 0 89281 779 8

A conscious approach to death and dying. Written as a series of stories allowing the reader to be privy to the inner workings of the dying process of individuals with whom the author worked with as a professional hospice counsellor.

LG 40

**No I'm not Alright** / Rowena Hayes - Smart

**2002** ISBN 1 86476 149 0

A book written for those dealing with the death of a young person. Written as a story of a journey of survival.

LG 41

**Saving Graces** / Elizabeth Edwards

**2006** ISBN 978 0 7679 2538 9

The author's story of loss and grief and her battle with breast cancer which promotes the importance of finding solace and strength in friends and strangers.