

# Grief and Grieving

## Books

[Anxiety: The Missing Stage of Grief](#) (2018) / Claire Bidwell Smith, LCPC  
[The Art of Comforting: What to Say and Do for People in Distress](#) (2010) / Val Walker  
[As Long as You Need: Permission to Grieve](#) (2024) / J.S. Park  
[Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience](#) (2021) / Brené Brown  
[Bittersweet: How Sorrow and Longing Make Us Whole](#) (2022) / Susan Cain  
[Breaking Sad: What to Say After Loss, What Not to Say, and When to Just Show Up](#) (2017) / Shelly Fisher and Jennifer Jones  
[Everything is Fine: A Memoir](#) (2022) / Vince Granata  
[Finding the Words: Working Through Profound Loss with Hope and Purpose](#) (2023) / Colin Campbell  
[Grief is for People](#) (2024) / Sloane Crosley  
[Grief is Love: Living with Loss](#) (2022) / Marisa Renee Lee  
[Grieving is Loving](#) (2020) / Dr. Joanne Cacciatore  
[Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies](#) (2003) / Dr. Alan D. Wolfelt  
[Hello Grief: I'll Be Right with You](#) (2022) / Alessandra Olanow  
[I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing After the Sudden Death of a Loved One](#) (2008) / Brook Noel and Dr. Pamela D. Blair  
[The Intimacy of Death and Dying](#) (2012) / Claire Leimbach, Trypheyne McShane, and Zenith Virago  
[It's OK That You're Not OK](#) (2017) / Megan Devine  
[Late Migrations: A Natural History of Love and Loss](#) (2019) / Margaret Renkl  
[The Light Streamed Beneath It: A Memoir of Grief and Celebration](#) (2021) / Shawn Hitchens  
[Lighter: Let Go of the Past, Connect with the Present, and Expand the Future](#) (2022) / yung pueblo  
[Loss, Survive, Thrive: Bereaved Parents Share Their Stories of Healing and Hope](#) (2019) / Meryl Hershey Beck  
[Love Hurts: Buddhist Advice for the Heartbroken](#) (2016) / Lodro Rinzler  
[Modern Loss](#) (2018) & [The Modern Loss Handbook](#) (2022) / Rebecca Soffer and Gabrielle Birkner  
[Motherless Daughters: The Legacy of Loss](#) (1994) / Hope Edelman  
[Normal Broken: The Grief Companion for When It's Time to Heal But You're Not Sure You Want To](#) (2023) / Kelly Cervantes  
[Option B: Facing Adversity, Building Resilience, and Finding Joy](#) (2017) / Sheryl Sandberg and Adam Grant  
[There is No Good Card for This](#) (2017) / Dr. Kelsey Crowe and Emily McDowell  
[Think Again: The Power of Knowing What You Don't Know](#) (2021) / Adam Grant  
[This One Wild and Precious Life: The Path Back to Connection in a Fractured World](#) (2020) / Sarah Wilson  
[What's Your Grief? Lists to Help You Through Any Loss](#) (2022) / Eleanor Haley and Litsa Williams

## Websites & Multimedia

[Grief.com](#)  
[Grief Refuge App](#)  
[Lantern: Managing a Death](#) - app  
[Losing Loved Ones](#) (grief during the holidays) / Hospice Nurse Julie - video  
[Olivia Bareham: Falling into Grief](#) / When You Die - podcast episode  
[What's Your Grief?](#)  
[The Artists' Grief Deck](#) - activities and prompts