

Surviving the Loss of a Loved One

A list of resources compiled
by the History & Humanities
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Public Library**

History & Humanities Division
60 S. High Street, Akron, OH 44326
www.akronlibrary.org

Surviving the Loss of a Loved One

After a Loss - What to Expect

African American Grief

Paul C. Rosenblatt 2005

155.937 R813af

African American beliefs and practices.

The Bumps Are What You Climb On

Warren W. Wiersbe 2002

242.4 W648b

Meditation for difficult days.

The Comfort Book

Jane Seskin 2002

152.4 Se493co

Thoughts and actions for self-healing.

A Decembered Grief

Harold Ivan Smith 1999

248.866 Sm649d

Living with loss while others are celebrating.

The Empty Chair

Susan J. Zonnebelt-Smeenge 2001

248.866 Z87em

Handling grief on holidays and special occasions.

Ethnic Variations in Dying, Death and Grief

Donald P. Irish 1993

393 Et84

Cultural traditions related to death and grief.

A Good Friend for Bad Times

Deborah E. Bowen 2004

155.937 B786g

Understanding the grief process, plus practical advice for expressing concern.

Grieving for Dummies

Greg Harvey 2007

155.937 H341gr

Coping and recovery strategies for dealing with the loss of a loved one.

Healing Grief at Work

Alan Wolfelt 2005

155.937 W855he

100 practical ideas after a workplace is touched by loss.

Helping People with Developmental Disabilities Mourn

Marc A. Markell 2005

152.4 M345h

Practical rituals for caregivers.

In the Presence of Grief

Dorothy S. Becvar 2001

155.937 B398in

Helping family members resolve death, dying, and bereavement issues.

The Journey Home: finishing with joy

Bill Bright 2003

267.61092 B855jo

Examines the questions and anxieties related to what dying will be like.

Kaddish

Leon Wieseltier 1998

296.445 W652k

Jewish prayers of mourning.

Living Beyond Loss

Froma Walsh and Monica McGoldrick 2004

306.9 L785W

The impact of death on a family.

Making Loss Matter

David Wolpe 1999

296.3118 W866m

Searching for meaningful ways to deal with loss.

Nothing Left Unsaid: creating a healing legacy with final words

Mary Polce-Lynch 2006

155.937 P762n

Ways to express your feelings to loved ones who are approaching the end of their lives.

On Grief and Grieving

Elisabeth Kubler-Ross 2005

155.937 K95on

Finding the meaning of grief through the five stages of loss.

The Perfect Strangers Guide to Funerals and Grieving Practices

Stuart M. Matlins 2000

395.23 P438Ma

A guide to etiquette in religious ceremonies.

Saying Goodbye to Someone You Love

Noreen Dresser 2010

155.937 D773s

Engrossing look at how to embrace end of life and grief.

The Survivor's Guide

V.K. Thornton 2004

306.9 T514s

What you need to know and do when someone close to you dies.

Tears of Sorrow, Seeds of Hope

Nina Beth Cardin 2007

296.72 T253C

A Jewish spiritual companion for infertility and pregnancy loss.

Turn My Mourning into Dancing

Henri Nouwen 2001

242.4 N934tu

Moving through hard times with hope.

Memorial Planning

Baker's Funeral Handbook

Paul E. Engle 1996

265.85 B168E

Resources for pastors.

The Complete Guide to Funeral Planning

Geoffrey C. Carnell 2005

393.9 C289c

How to arrange the appropriate service.

Condolences and Eulogies

Bettyanne Gillette 2003

306.9 G472c

Finding the perfect words.

A Cross-Cultural Look at Death, Dying and Religion

Joan K. Parry 1995

291.23 C951

A look at the belief systems of various cultures.

Funeral and Memorial Service Readings, Poems and Tributes

Rachel R. Baum 1999

808.8035 F981

An index of poems used in films, TV or read during the funeral of a famous person.

A Funeral Manual

Perry Biddle 1994

265.85 B584f

The Christian funeral service.

The Gift of a Memory: keepsake to commemorate the loss of a loved one

Marianne Richmond 2000

155.93 R533g

Poetry to commemorate the loss of a loved one.

How Different Religions View Death and Afterlife

Christopher J. Johnson 1998

291.23 H847

Spiritual answers to questions related to death and the after life.

A Labor of Love: how to write a eulogy

Garry Schaeffer

808.51 Sch294L

Finding the words to share your memories. Includes samples and poems.

One Thousand Thoughts for Funeral Occasions

Russell H. Conwell 1999

252.1 On58C

Poems and sermons.

In Times of Crisis and Sorrow

Carol Marie Noren 2001

259.6 N834i

A minister's manual and resource guide.

Readings for Remembrance

Eleanor Munro 2000

808.8035 R287

Religious and secular writings for funerals and memorial services.

Remembering well: rituals for celebrating life and mourning death

Sarah York 2000

291.38 Y63r

Planning a Traditional or Uniquely Fitting Memorial

The Rituals Resource Book

Susan M. Mumm 2004

291.38 M962r

Alternative funerals and other rites of passage.

Simply Essential Funeral Planning Kit

Don S. Cochrane 2002

393.9 C663s

Planning a funeral.

The Secret Cemetery

Doris Francis 2005

363.75 F818s

Memorial customs and practices of various faiths.

The Sorrow Psalms: a book of twentieth century elegy

Lynn Strongin 2006

821.9108 So714S

Poetry.

Stopping for Death

Carol Ann Duffy 1996

808.8193 St883

Poems of death and loss.

Poems for Funerals

<http://www.poets.org/viewmedia.php/prmMID/5858>

Some suggested funeral elegies.

Help for Children and Teens

35 Ways to Help a Grieving Child

The Dougy Center 2004

155.937 T447

Practical suggestions for supporting a grieving child.

A Child's View of Grief

Alan D. Wolfelt 2004

155.937 W855c

A guide for parents, teachers and counselors.

Children and Grief

Joey O'Connor 2004

248.866 Oc18h

Helping a child understand death.

The Grieving Teen

Helen Fitzgerald 2000

155.937 F553g

A guide for teenagers and their friends.

Healing the Hurt, Restoring the Hope

Suzy Yehl Marta 2003

155.9308 M376h

How to guide children and teens through times of divorce, death, and crisis using the Rainbows approach.

Helping Children Cope with the Death of a Parent

Paddy Greenwall Lewis 2004

155.937 L675h

Identifying and addressing the psychological needs of children.

Helping Children Grieve

Ruth P. Arent 2005

155.93 Ar681h

Understanding grief from a child's point of view.

Helping the Grieving Student

Dougy Center 2003

155.937 H483g

How the school environment can provide support and encourage healing.

How Do We Tell the Children?

Dan Schaefer and Christine Lyons 2001

155.937 Sch294h

Helping children and teens cope when someone dies.

Talking with Young Children about Death and Dying

Mary Turner 2007

155.937 T146y (Video)

How to discuss death with children.

What About the Kids: understanding their needs in funeral planning and services

Dougy Center 1999

155.937 W555a

How to help a child before, during and after a funeral service.

What Children Need When They Grieve: the four essentials - routine, love, honesty, and security

Julia Wilcox Rathkey 2004

155.937 R234wc

Explores a child's reaction to death.

Loss of a Parent

FatherLoss

Neil Chethik 2001

155.937 C526f

How sons of all ages come to terms with the deaths of their dads.

Never the Same: coming to terms with the death of a parent

Donna Schuurman 2004

155.937 Sch396n

The impact of the loss on a child or adolescent immediately and later as an adult.

When Your Father Dies

Veerman, David 2006

155.937 V419w

How a man deals with the loss of his father.

Loss of a Sibling

Recovering from the Loss of a Sibling

Katharine Fair Donnelly 1988

155.937 D685r

Addresses the pain, anger, and guilt of losing a sibling.

Surviving the Death of a Sibling

T.J. Wray 2003

155.937 W943s

Living through grief when an adult brother or sister dies.

Loss of a Spouse

Finding Your Way after Your Spouse Dies

Marta Felber 2000

646.7008 F311fi

Guide for coping with practical issues that face the recently widowed.

From One Widow to Another : conversations on the new you
Miriam Neff 2009

248.8434 N383f

Covers emotional, spiritual, and practical issues of widowhood.

Healing a Spouse's Grieving Heart

Alan D. Wolfelt 2003

155.937 W855h

100 practical ideas after your husband or wife dies.

The Oil of Joy for Mourning

Jan Sheble 1997

242.4 Sh5390

365 daily meditations to comfort the widowed.

Late Wife: Poems

Claudia Emerson 2005

811.54 Em53L

A series of poems highlighting relationships.

Loss and Found

Gary and Kathy Young 2003

155.937 Y72L

Surviving the loss of a young spouse.

Reflections of a Grieving Spouse

H. Norman Wright

248.866 W949r

Helps the reader work through anger and denial toward God's peace.

Suicide, Homicide, Accident

After a Parent's Suicide: helping children heal

Margo Requarth 2006

Offers comfort to the bereaved, specific coping strategies, and insight into what promotes resiliency.

After Suicide

Eileen Kuehn 2001

362.283 K95af (Teen Book)

Living with the questions.

Grieving a Suicide

Albert Y. Hsu 2002

248.866 H873gr

A loved one's search for comfort, answers and hope.

Take the Dimness of My Soul Away : healing after a loved one's suicide

William A. Ritter 2004

248.866 R615t

Story of one man's journey through the pain of his son's suicide.

What to Say/ Expressing Your Sympathies

The Art of Condolence

Leonard M. Zunin and Hilary

Stanton Zunin 1991

306.9 Z95a

What to write, what to say, what to do at a time of loss.

Healing Conversations

Nance Guilmartin 2002

153.6 G962h

What to say when you don't know what to say.

How to Say It When You Don't Know What to Say

Robbie Miller Kaplan 2004

155.93 K17h

Finding the right words for difficult times.

My Deepest Sympathies

Florence Isaacs 2000

395.4 Is74m

Meaningful sentiments for condolence notes and conversations, plus a guide to eulogies.

When a Child Dies

Beyond Tears: living after losing a child

Ellen Mitchell 2005

155.937 B573

Nine mothers whose children died as young adults lend comfort and direction to other bereaved parents. They share what to expect in the first year and beyond.

Empty Arms: coping after miscarriages, stillbirth and infant death

Sherokee Ilse 2002

155.937 IL29e

Practical suggestions and support for decision-making at the time of the loss as well as in the days ahead.

50 Ways to Cope with the Loss of Your Child : a guide for grieving parents

Norma Sawyers-Kurz 2010

155.937 Sa271f

Mechanisms that parents may use to deal with their intense grief, as well as counsel from grief experts.

The First Year, the Worst Year

Barbara A. Wilson and Michael Wilson 2004

155.937 W746f

Coping with the unexpected death of our grown-up daughter.

I Will Carry You : the sacred dance of grief and joy

Angie Smith 2010

155.9 Sm642i

Moving story of a family's journey in dealing with the loss of their newborn child.

A Piece of my Heart: living through the grief of miscarriage, stillbirth or infant death

Molly Fumia 2000

155.937 F978p

Fumia was unable to say goodbye to her newborn son. She comes to terms with her unresolved grief through a dialogue with him.

Losing a Baby

Sarah Ewing 2005

155.937 Ew95L

Comfort and advice for those who are mourning the loss of a much-wanted child.

Safe In the Arms of God

John MacArthur 2003

248.866 M116sa

Truth from heaven about the death of a child.

Tender Fingerprints: a true story of loss and resolution

Brad Stetson 1999

248.866 St841t

The story of a couple's pregnancy, the loss of their son and how they learn to live with the suffering that accompanies their loss and recognize the preciousness of human life.

When the Bough Breaks: forever after the death of a son or daughter

Judith R. Bernstein 1997

154.937 B531w

Excerpts from interviews with parents who have lost a child. Illustrates how parents change in their relationships to others and how they adopt different values after the loss of a child.

The Worst Loss: how families heal from the death of a child

Barbara D. Rosof 1994

155.937 R822w

This book will help families who have lost a child to know what they are facing, understand what they are feeling and appreciate their own needs and timetables.

Grieving the Loss of a Pet

Coping with Sorrow on the Loss of Your Pet

Moira Anderson 1994

155.937 An548c 2nd ed.

A caring, practical resource to aid in the healing process.

Grieving the Death of a Pet

Betty Carmack 2003

155.937 C287g

Offers readers a virtual pet-loss support group.

Saying Goodbye to Your Angel Animals

Allen and Linda Anderson 2008

155.937 An545s

Includes affirmations and meditations to use through the various stages of grief.

When a Family Pet Dies: a guide to dealing with children's loss

JoAnn Tuzeo-Jarolmen 2007

155.937 T968w

Explains how children grieve and gives guidelines on how to identify signs of grief in children.

Local Support Groups

Akron General Medical Center

400 Wabash Avenue

Akron, OH 44307

<http://www.akrongeneral.org>

Children's Hospital

One Perkins Square

Akron, OH 44308

Bereavement Coordinator

330-543-8837

[https://www.akronchildrens.org/](https://www.akronchildrens.org/cms/site/ddb0cb6c01f4afec/index.html)

[cms/site/ddb0cb6c01f4afec/](https://www.akronchildrens.org/cms/site/ddb0cb6c01f4afec/index.html)

[index.html](https://www.akronchildrens.org/cms/site/ddb0cb6c01f4afec/index.html)

Compassionate Friends, Inc.

Attn: Aileen Watkins

2495 Columbia Road

Medina, Ohio 44256

or

Attn: Paula Dutton

330-699-5054

3275 Marquette St. NW

Uniontown, OH 44685

[http://www.](http://www.compassionatefriends.org/)

[compassionatefriends.org/](http://www.compassionatefriends.org/)

Child Guidance and Family Solutions

312 Locust Street

Akron, Ohio 44302-1878

Phone: 330-762-0591

<http://www.cgfs.org>

Catholic Cemeteries Bereavement Ministry

Holy Cross Cemetery

100 E. Waterloo Road

Akron, Ohio 44319

330-724-1297

[http://www.](http://www.clevelandcatholiccemeteries.org/bereavement.html)

[clevelandcatholiccemeteries.org/](http://www.clevelandcatholiccemeteries.org/bereavement.html)

[bereavement.html](http://www.clevelandcatholiccemeteries.org/bereavement.html)

Hospice of Visiting Nurse Service

Center for Loss and Hope

3358 Ridgewood Road

Akron, OH 44333

330-665-1455

www.vnsa.com

Grief Care Place

4499 Darrow Rd.
Stow OH 44224
330-686-1750
www.griefcareplace.org

Sudden Infant Death Network of Ohio

421 Graham Road Suite H
Cuyahoga Falls, OH 44221
330-929-9911
<http://www.sidsohio.org/SeekingSupport.html>

Summa Health Systems

55 Arch Street
Akron, OH 44304
330-535-4437
www.summahealth.org

Kelly Reeves Memorial Foundation

330-677-2000
Offers individual or group bereavement counseling at the Kent Wellness Center.

Web Sites

www.medlineplus.gov/bereavement

An extensive listing of resources concerned with all aspects of bereavement. This site is maintained by the National Library of Medicine.

<http://americanhospice.org>

Excellent resources for anyone dealing with dying, death and bereavement. Includes special resources for helping children and adolescents cope with grief and the impact of grief in schools. Other sections deal with grief in the workplace, cultural approaches to understanding death and much more.

<http://www.mentalhelp.net/selfhelp>

American Self-Help Group Clearinghouse.
A starting point for exploring support groups and networks available throughout the world and in your community.

<https://www.akronchildrens.org/cgi-bin/tips/search.pl>**Tips to Grow By**

Parenting information published by Akron Children's Hospital
Helping Kids Deal with Death I
Helping Kids Deal with Death II
Talking to Kids about the Death of a Parent

Books explaining death to children are available in the Children's Library. Please ask a librarian for assistance in locating these titles.

