



## **Young Widowed Bibliography**

**Companion Through The Darkness: Inner Dialogues On Grief** (Ericsson, Stephanie)  
*Drawing from her personal experience with loss, the author offers short essays and personal diary writings in which she legitimatizes the conflicting emotions of grief.*

**How to Go On Living When Someone You Love Dies** (Rando, Therese)  
*Encourages individual, unique grieving. Provides comfort and helpful information.*

**How We Grieve: Relearning The World** (Attig, Thomas)  
*Addresses the needs of grieving people and those who hope to support and comfort them. Encourages respect for individuality and the uniqueness of loss experiences, addresses feelings of helplessness as a result of sudden loss.*

**I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One** (Brook, N, & Blair, P.D.)  
*Explores the unique challenges of sudden loss, written by two women professionals who have personally experienced sudden loss. Covers many difficult topics.*

**I'm Grieving As Fast As I Can: How Young Widows and Widowers Can Cope and Heal** (Feinberg, Linda)  
*Especially for young adults after the death of their spouse. Provides tools for grieving the losses and facing the unique challenges of young widows and widowers*

**It's Ok That You're Not Ok (Meeting Grief and Loss in a Culture That Doesn't Understand)** (Megan Devine)  
*It's OK That You're Not OK is a book for grieving people, those who love them, and all those seeking to love themselves—and each other—better.*

**Living With Grief: A Guide To Your First Year of Greiving** (Brook, N.,& Blair, P.D.)  
*A compassionate guide through your first year of grief.*

**The Heart of Grief: Death and the Search for Lasting Love** (Attig, Thomas)  
*Attig explores the meaning of grief, illuminating the path toward a lasting love of those who have died.*

**The Soul in Grief: Love, Death, and Transformation** (Romanyshyn, Robert)

*A reflective book that explores grief as a fluid process that must run its course. Using his personal experience, the author encourages the work necessary for healing.*

**When A Lifemate Dies** (Heinlein, S., Brumett, G., & Tibbals, J. Eds.)

*Offers the reader comfort and support through many personal accounts of the loss of a lifemate and how it affects the individual.*

**When A Man Faces Grief** (Miller, James & Golden, Thomas)

*Explores the masculine style of grief and healing processes and provides tools for helping yourself and others cope with the pain of loss.*

**Widow to Widow** (Ginsburg, Genevieve Davis)

*Confronts myths and other difficulties women commonly face as widows. Gives practical tips to aid women with moving forward in their individual process.*