



Bibliography for Young Widowed

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

Living With Grief: A Guide To Your First Year of Grieving (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 Life mate Dies (Heinlein, S., Brumett, G., & Tibbals, J. Eds.)

Offers the reader comfort and support through many personal accounts of the loss of a life mate 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.