



Book Recommendations for Grieving Adults

- ***A Grief Observed*** by C.S. Lewis (TW: Contains religious references)
- ***Grief is a Journey: Finding Your Path Through Loss*** by Dr. Kenneth J. Doka
- ***How To Carry What Can't Be Fixed: A Journal for Grief*** by Megan Devine
- ***It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*** by Megan Devine
- ***On Grief & Grieving: Finding the Meaning of Grief Through the Five Stages of Loss*** by Elisabeth Kubler-Ross and David Kessler
- ***Permission to Mourn: A New Way to Do Grief*** by Tom Zusa
- ***Tear Soup: A Recipe for Healing After Loss*** by Pat Schwiebert & Chuck DeKlyen, Illustrated by Taylor Bills (Client Recommended; TW: Contains religious references)
- ***The Understanding Your Grief Journal*** by Dr. Alan Wolfelt
- ***Tuesdays With Morrie: An Old Man, A Young Man, and Life's Greatest Lesson*** by Mitch Albom (TW: Contains religious references)
- ***Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart, 2nd Edition*** by Dr. Alan Wolfelt