



Suggested Books on Grief for Adolescents

Edelman, H. (2014). *Motherless Daughters (20th-anniversary edition): The legacy of loss*. Da Capo Press.

The death of a mother--mainly during one's young years--is traumatic. Writing of her own experiences of losing her mother when she was 17 and the grief of hundreds of women she interviewed who lost their mothers through death, abandonment or another form of separation, freelance writer Edelman marshals a wealth of anecdotal evidence, supplemented with psychological research about bereavement, that indicates that one's longing for a mother never disappears. Though the focus is on early loss for girls and the implications for their developing identity, adult daughters also speak in these pages to provide another poignant perspective. The author succeeds in opening up cathartic dialogues, personalizing a life-changing event and offering guidelines to help women of any age live with their loss.

Gootman, M. (2005). *When a Friend Dies: A book for teens about grieving & healing*. Free Spirit Publishing

The death of a friend is a wrenching event for anyone at any age. Teenagers especially need help coping with this painful loss. This sensitive book answers grieving teens' questions, like "How should I be acting?" "Is it wrong to go to parties and have fun?" and "What if I can't handle my grief on my own?" The advice is gentle, non-preachy, and compassionate; the author has seen her children suffer from the death of a friend, and she knows what teens go through. The revised edition includes new quotes from teens, new resources, and new insights into losing a friend through violence.

Helbert, K. (2012). *Finding Your Own Way To Grieve*. Jessica Kingsley Publishers.

Children and teenagers with autism can struggle to cope with the loss of a loved one and the complicated and painful emotions of bereavement. This book explains death in concrete terms that the child with autism will understand, explores feelings that the child may encounter as a part of bereavement, and offers creative and expressive activities that facilitate healing.

Jansen, J. (2020). *Grief: Insights and Tips for Teenagers*. Rowman & Littlefield Publishers.

A compassionate guide to help you and those you care about navigate the difficult path of grief. Filled with the words of other young adults who have walked this road, you will find that you are not alone—and that things get better.

You will learn:

- how to honor the memory of those you have lost
- what movies, writers, musicians, and philosophers can teach us about grief
- what has helped other teenagers work through their grief
- the many resources available to you, including websites, videos, music, podcasts, and more

Grief is one of the most personal emotions we can experience—no one will ever have the unique relationship you had with your family member or friend. At the same time, the sadness of grief is one of the most universal feelings. This book shows the personal and universal sides of mourning, bringing hope during a difficult time.

Leigh, K. (2024). *It Won't Ever Be the Same: A Teen's Guide to Grief and Grieving*. Free Spirit Publishing.

Whether teens are in the midst of their first grief experience or have experienced grief before, the book is designed to support them. Reflections, analogies, and suggested activities within the pages guide teens in understanding their personal and complex grief experiences. Words and artwork from other grieving teens help them feel less alone and more connected. The book is a validating and reassuring book that speaks directly to teens experiencing grief, providing them with tools to understand, express, and cope. The book touches upon significant milestones in the grief journey, starting with new grief and continuing through the days, weeks, months, and years after. Each chapter ends with a Give It a Try activity idea to help teens understand what they're going through. Other moments invite teens to reflect on a specific question or experience, tune in to their feelings, or try a new way of viewing or being in their grief.

Palazzola, J.V. (2013). *Coping With Loss: A Workbook of Activities in Resolving The Dissonances Of Grief For Teenagers*. Strategic Book Publishing.

Life is filled with many experiences that young people must cope with daily. One of the most severe situations they will encounter is the death or loss of a parent, relative, or close friend. This workbook will help ease the pain and get youngsters through the seven stages of grief. Participants can understand the grieving process properly by using various learning strategies that rely on making personal connections. The book includes strategies and concepts to ease the hopelessness and despair healthily and logically.

Romero, S. (2014). *Teens Dealing with Death: Stories from my students*. Createspace Independent Publishing.

This book is an up-close look at loss from the teens who have lived it, in their own words. *Teens Dealing with Death* is written by young people for young people. Their brave voices in this book and their teacher, Susan Romero, have taken a courageous step in sharing their eye-opening stories of death. These young people talk openly about the loss of their loved one to illness, substance abuse, murder, suicide, accidents and war. They discover that despite their separate circumstances, they are not alone in their pain.

Ross, L. G. (2013). *The Girls in the Front Row: Exploring the impact of losing a mother young*. Prairie Core Ltd.

"The Girls in the Front Row" explores the experiences of fourteen women, aged sixteen to ninety, who have all lost their mothers at a very young age. They share their powerful and inspirational stories, discussing this loss's impact on their lives. Family relationships, friendships, and the life that used to be are suddenly different. Who is there to help choose a graduation gown or wedding gown, remember birthdays, and celebrate holidays, special occasions, and rites of passage?

The Dougy Center. (2017). *Deconstruction/Reconstruction: A grief journal for teens*. The Dougy Center.

Created for grieving teens. Whether a teen has experienced the death of a parent, sibling, grandparent, close friend, or other family member, this *Deconstruction/Reconstruction* journal is an advice-free place to draw, write, paint, and transform whatever they think and feel. Available for purchase online at the Dougy Center website www.tdcbookstore.org