

Book List for Teens

It's OK That You're Not OK! (2017)	Megan Devine	Meeting grief and loss in a culture that doesn't understand
What On Earth Do You Do When Someone Dies? (1999)	Trevor Romain	Answers questions about death
The Way They Carried Love (2026)	Rashmi Rai	You are not alone
Dancing at the Pity Party (2022)	Tyler Feder	Lighthearted memoir about the death of a mother (cancer)
Weird is Normal When Teenagers Grieve (2010)	Jenny Lee Wheeler	Self-help book written by a grieving teen
Grief: Insights and Tips for Teenagers (2020)	Joe Jansen	Guide to help navigate the difficult path of grief
Speak of Me as I Am (2017)	Sonai Belasco	Realistic fiction about survivors' guilt and healing.
You Are Not Alone: A Heartfelt Guide to Grief, Healing, and Hope (2018)	Debbie Augenthaler	Offers insights and suggestions for healing and hope (adult perspective)
Passed and Present: Keeping Memories of Loved Ones Alive (2016)	Allison Gilbert	Easy-to-use roadmap shares 85 imaginative ways to celebrate and honor family and friends we never want to forget.
Healing Your Grieving Heart for Teens (2001)	Alan Wolfelt	Practical ideas for dealing with grief
The Tears That Water My Growth (2024)	Aria Amos	Collection of poetry that expresses the emotional odyssey of author after loss
RIP Corey. My Friend Died and it Sucks! (2023) **Adult should read prior to sharing with teens**	Chris Buchanan	Real life look at losing a friend as a teen
Things I Wish I Knew before My Mom Died: Coping with Loss Every Day? (2016)	Ty Alexander	Blogger-turned author shares story about grief and coping
Welcome to the Grief Club: Because You Don't Have to Go Through It Alone (2022) <i>**there is profanity in this book**</i>	Janine Kwoh	This book is a companion that says, I see you and you are not alone, from one grieving person to another.
Your Grief, Your Way (2020)	Shelby Forsythia	Ways to navigate life after loss
It Won't Ever Be the Same (2024)	Dr. Korie Leigh	A guide for teens to help make sense of their personal and complex grief experiences
I Will Never Forget You (2008)	Emilio Parga	Writing journal for teens



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