



Book List for Adults

It's Ok That You're Not Ok	Megan Devine	Guide to the emotional rollercoaster of grief
You're Not Crazy You're Grieving	Dr. Alan Wolfelt	6 steps for surviving loss
What's Your Grief?	Eleanor Haley	List to help you through any loss
Your Grief Your Way	Shelby Forsythia	A year of practical guidance and comfort after loss
Passed and Present	Allison Gilbert	Keeping memories of loved ones alive
The Worst Loss	Barbara D Rosof	Healing from the death of a child
Love, Helen	Helen Fernald	Creating a loving connection after loss
Tear Soup	Pat Schwiebert and Chuck DeKlyen	A recipe for healing after loss
Understanding Your Grief	Dr. Alan Wolfelt	10 essential touchstones for finding hope and healing
Grief One Day at a Time	Dr. Alan Wolfelt	365 meditations to help you heal