

READING LIST FOR ADULTS

Grief Is The Thing With Feathers – Max Porter (2015)

Two young boys face their mother's sudden death. Their father is also grief stricken. They are visited by Ted Hughes Crow with havoc and ultimately healing. Raw, funny, and honest

Blue Sky of Autumn – Elizabeth Turner (2011)

Story of the author's journey after her British husband was killed in 9/11 and her way through grief.

It's Not Raining, Daddy, It's Happy – Ben Brooke Dutton (2014)

A ground breaking book and blog from a man expressing the grief of losing his wife and the mother of his young son. Blog: Lifeasawidower.com

MummyDaddy – Jeremy Howe (2011)

Grief about the murder of a mother/wife; with constructive ways to move forward. How Daddy became Mummydaddy and pitfalls along the way, from what to tell the children to the practicalities of life

The Last Act of Love - Cathy Rentzenbrink (2015)

The pain of having a brother suffer brain damage and the decisions about letting him go seeming like a last act of love. May speak to those slowly losing someone close

Duck, Death and the Tulip – Wolf Erlbruch (2008)

A duck strikes up an unlikely friendship with Death. "Who are you? Why are you creeping along behind me?" "Good. You've finally noticed me," said Death. Will intrigue, haunt and enchant teens and adults. Simple, odd, warm and witty, without answers but food for thought - a picture book style Book Thief.

I Had a Black Dog – Matthew Johnstone (2007)

Illuminating and moving cartoon book about depression and how the author 'tamed it'. May also be good for younger sufferers as less 'wordy'. Also available as cartoon on utube

Living on the Seabed – Lindsay Nicholson (2005)

Book of memoirs by the ex-editor of Good Housekeeping who lost both her husband and daughter. The kind of book you wish someone would give you when you lose someone.

In the Blood – Andrew Motion (2006)

Autobiographical and poetical memoir of early life in the country and the author's childhood suddenly ending following his mother's death. Ex poet Laureate

Fun Home – Alison Bechdel (2006)

A heartbreaking and darkly humorous family tale in graphic novel form, suitable for teens and adults. A teenaged daughter coming to terms with her sexuality, her father's, and her father's death.

Michael Rosen's Sad Book - Michael Rosen (2004)

Brilliantly illustrated book about ongoing sad feelings following the death of a child without sugar coating or trivialising them. Honest and poignant.

The Sense of an Ending – Julian Barnes (2011)

A poignant insight into the reality of grief by one of the UK's finest writers.

Tuesdays with Morrie – Mitch Albom (1997)

Moving account by an ex-student of his old professor's last days and final lessons on life.

Remember Me – Melvyn Bragg (2008)

Poignant personal account of living after his wife's death.

Goodbye, Dearest Holly – Kevin Wells (2005)

Inspirational book from the moment his child went missing; on surviving the tragedy of losing a child.

If This is a Man – Primo Levi (1987)

A survivor of the Holocaust with powerful thoughts on surviving in the face of atrocities.

MORE THEORETICAL BOOKS:

Grief in Children – Dyregov (1990)

A theoretical book to help adults who want to understand & support children through grief.

Emotional Intelligence – D. Goleman (1995)

Interesting and useful ideas on how to manage emotions.

Feeling Like Crap – Nick Luxmoore (2008)

Information book for adults on young people and what helps them develop. Demonstrates techniques to repair their sense of self and offer them new possibilities and directions in life.

Draw on Your Emotions – Margot Sutherland (1993)

Broad based art therapy book for adults, focused on adult self-awareness and growth.

Good Grief – Barbara Ward and Associates (2002)

Seminal work, focusing on practicalities around many aspects of loss. Quite technical.

Motherless Daughters – Hope Edelman (1994)

Shared experiences and core identity issues emanating from females who have lost mothers.

Towards Emotional Literacy – Susie Orbach (1999)

Intelligent writing on why we need to think about our feelings.

When Bad Things Happen to Good People – Harold Kushner (1982)

Some find this a comforting book; may be more helpful for those of faith.

Living When A Loved One Has Died – Earl Grollman (2002)

Describes what to expect when a loved one dies, from numbness and denial to anger, panic and guilt. It offers a way to work through grief, accept help from others and help others.

Supporting Young People coping with Grief, Loss and Death – Weymont & Rae (1996)

Resource for secondary schools supporting young people coping with grief, loss and death.

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