

## **Resources for Grief**

### **Books**

**Healing After Loss: Daily Meditations for Working Through Grief** (1994) Martha Whitmore Hickman. New York, NY: William Morrow Publishers.

**Mindfulness & Grief** (2014) Heather Stang. New York, NY: CICO Books.

**It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand** (2017) Megan Devine. Boulder, CO: Sounds True Publishers, Inc.

**Resilient Grieving: Finding Strength and Embracing Life After a Loss That Changes Everything** (2017) Lucy Hone, PhD. New York, NY: The Experiment, LLC.

**The Cure for Sorrow: A Book of Blessings for Times of Grief** (2016) Jan Richardson. Orlando, FL: Wanton Gospeller Press.

**Permission to Mourn: A New Way to Do Grief** (2014) Tom Zuba. Rockford, IL: Bish Press.

**The Unspeakable Loss** (2017) Nisha Zenoff, PhD. New York, NY: DaCapo Lifelong Press.

**The Year of Magical Thinking** (2005) Joan Didion. New York, NY: Alfred A. Knopf Publishing.

### **Websites**

What's Your Grief <https://whatsyourgrief.com/>

Megan Devine <https://refugeingrief.com/>

David Kessler <https://grief.com/>

Modern Loss <https://modernloss.com/>

### **Podcasts**

All There Is - Anderson Cooper

Grief Out Loud – The Dougy Center

Everything Happens – Kate Bowler