



## **Resources for Adults whose Parent Died**

### *Memoirs*

- Clark, Mary Higgins. 2002. *Kitchen Privileges: A Memoir*. New York: Simon & Schuster.
- Griffin, Mary Clare. 2001. *Language Lessons for When Your Mom Dies*. San Francisco: DayBue Publishing Inc.
- Hamilton-Holoway, Barbara. 2004. *Who Will Remember Me? A Daughter's Memoir of Grief and Recovery*. Skinner House.
- Lindbergh, Reeve. 2001. *No More Words: A Journal of My Mother*. New York: Simon & Schuster.
- Nouwen, Henri. 1980. *In Memorium*. Notre Dame, IN: Ava Maria Press.
- Nuland, Sherwin B. 2003. *Lost in America: My Life with My Father*. New York: Alfred N. Knopf.

### *Grief Literature*

- Bartocci, Barbara. 2000. *Nobody's Child Anymore: Grieving, Caring and Comforting when Parents Die*. Notre Dame, IN: Sorin Press.
- Brooks, Jane. 1999. *Midlife Orphan: Facing Life's Changes Now that Your Parents are Gone*. New York: Berkley Books.
- Edelman, Hope. 1994. *Motherless Daughters: The Legacy of Loss*. New York: Dell Publishing.
- Evans, Richard Paul. 1999. *The Dance*. New York: Simon & Schuster.
- Gilbert, Richard. 1999. *Finding Your Way after Your Parent Dies*. Notre Dame, IN: Ava Maria Press.
- Hickman, Martha Whitmore. 1994. *Healing after Loss: Daily Meditations for Working through Grief*. New York: Perennial.
- LeShan, Eda. 1976. *Learning to Say Good-Bye: When a Parent Dies*. New York: Macmillian.
- Myers, Edward. 1986. *When Parents Die: A Guide for Adults*. New York: Penguim.
- Schaper, Donna. 2003. *Mature Grief: When a Parent Dies*. Boston, MA: Cowley Press.
- Schwiebert, Pat. 1999. *Tear Soup: A Recipe for Healing after Loss*. Portland, OR: Grief Watch.

Wolfelt, Alan. 2002. *Healing the Adult Child's Grieving Heart: 100 Practical Ideas after Your Parent Dies*. Fort Collins, CO: Companion Press.

Wolfelt, Alan. 2003. *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*. Fort Collins, CO: Companion Press.

### ***Websites***

[www.bereavedfamilies.net](http://www.bereavedfamilies.net) Provides support for people who have lost any immediate family member by any type of death.

[www.griefnet.org](http://www.griefnet.org) Offers e-mail support groups for adults and children, as well as many resource listings.

[www.grown.com](http://www.grown.com) A nonprofit Internet site offering a wide variety of grief and bereavement resources, including chat rooms and message boards.

**If you would like to talk with someone at Iowa City Hospice about your grief, please call us at (319) 351-5665 or 1-800-897-3052 or go to our website, [www.iowacityhospice.org](http://www.iowacityhospice.org).**