



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 Memoriam*. 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 Provides support for people who have lost any immediate family member by any type of death.

www.griefnet.org Offers e-mail support groups for adults and children, as well as many resource listings.

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.