



Resources for Bereaved Spouses/Partners

Good Grief, Lolly Winston

A well-written novel about a young woman's journey after her husband's death.

A Grief Observed, C.S. Lewis

Excerpts from Lewis's diary following the death of his wife.

The Hardest Challenge, Bruce Chapin

Stories from spouses and partners regarding surviving the death of their loved one.

Healing a Spouse's Grieving Heart: 100 Practical Ideas after Your Husband or Wife Dies, Alan Wolfelt

Principles offered by one of North America's leading grief counselors for learning to cope with grief and find continued meaning in life.

Healing after Loss: Daily Meditations for Working through Grief, Martha Whitmore Hickman

One-page daily inspirational readings and reflections.

How to Survive the Loss of a Love, Harold Bloomfield, Melba Colgrove & Peter McWilliams

Concisely stated advice on understanding loss, surviving, healing and growing.

Letters to Kate, Carl Klaus

Collection of letters written by author to his wife after her death.

Meditations for the Widowed, Judy Osgood

33 widowed people share their stories and their discoveries.

Seven Choices, Elizabeth Harper Neeld

Through her own experience of her husband's death and listening to others tell their experience, Neeld identifies seven choices that grievers must make along the way to reconciliation.

Swallowed by a Snake, Thomas Golden

Focuses on the masculine side of healing.

Tear Soup, Pat Schwiebert and Chuck DeKlyen

A story for adults and children about the healing journey through grief.

Understanding Your Grief, Alan Wolfelt

Ten essential touchstones for finding hope and healing your heart.

Widow, Lynn Caine

Best-selling self-help book filled with practical advice and words of wisdom.

Widowed, Dr. Joyce Brothers

Account of Dr. Brothers' own experience following her husband's death from cancer.

The Year of Magical Thinking, Joan Didion

A memoir of Joan's experience after her husband's sudden death.

www.bereavedfamilies.net *Bereaved Families Online* provides support for people who have lost an immediate family member.

www.griefnet.org *Grief Net* offers e-mail support groups for adults and children, as well as many resource listings.

www.youngwidow.org has a great bulletin board.

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.