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 griever 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.