

# Adult Parent Loss

## Books

- *Always Too Soon: Voices of Support for Those Who Have Lost Both Parents* by Allison Gilbert and Christina Baker Kline (Seal Press, 2006)
- *Fatherless Women: How We Change After We Lose Our Dads* by Clea Simon (John Wiley & Sons, 2001)
- *Fatherloss: How Sons of All Ages Come to Terms with the Deaths of Their Dads* by Neil Chethik (Hyperion, 2001)
- *Healing The Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies* by Alan D. Wolfelt, Ph.D. (Companion Press, 2002)
- *How to Survive the Loss of a Parent: A Guide for Adults* by Lois F. Akner and Catherine Whitney (William Morrow, 1994)
- *Losing a Parent: Passage to a New Way of Living* by Alexandra Kennedy (HarperSanFrancisco, 1991)
- *Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone* by Jane Brooks (Berkley Books, 1999)
- *Parentless Parents: How the Loss of Our Mothers and Fathers Impacts the Way We Raise Our Children* by Allison Gilbert (Hyperion, 2011)
- *The Orphaned Adult: Understanding and Coping With Grief and Change After the Death of Our Parents* by Alexander Levy (Da Capo Lifelong Books, 2000)
- *Things I Wish I Knew Before My Mom Died: Coping With Loss Every Day* by Ty Alexander (Mango Publishing, 2018)
- *When Parents Die: Learning to Live With the Loss of a Parent* by Rebecca Abrams (Routledge, 2013)

## Videos

- Bradley Cooper Tells Oprah How His Father's Death Changed His Life, SuperSoul Conversation, Feb. 11, 2019. <https://www.youtube.com/watch?v=3MgoJtG9YvE>
- Losing Our Mothers, BuzzFeed Video, May 11, 2017. [https://www.youtube.com/watch?v=sKi7\\_Xkqobk](https://www.youtube.com/watch?v=sKi7_Xkqobk)