

General Loss

Books

- *Anxiety: The Missing Stage of Grief* by Claire Bidwell Smith (Da Capo Lifelong Books, 2018)
- *Bearing the Unbearable: Love, Loss and the Heartbreaking Path of Grief* by Joanne Cacciatore (Wisdom Publications, 2017)
- *Childhood Disrupted: How Your Biography Becomes Your Biology and How You Can Heal* by Donna Jackson Nakazawa (Atria Books, 2015)
- *Finding Meaning: The Sixth Stage of Grief* by David Kessler (Scribner, 2020)
- *Grief Is Love* by Marisa Renee Lee (Legacy Lit, 2022)
- *Grief Works: Stories of Life, Death, and Surviving* by Julia Samuel (Scribner, 2017)
- *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss* by Mary Frances O'Connor (Harper One, 2023)
- *How to Go On Living When Someone You Love Dies*, by Therese A. Rando (Bantam, 1991)
- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*, by Megan Devine (Sounds True, 2017)
- *Modern Loss: Candid Conversation About Grief. Beginners Welcome* by Gabrielle Birkner and Rebecca Soffer (Harper Wave, 2018)
- *The Modern Loss Handbook* by Rebecca Soffer (Running Press, 2022)
- *On Grief & Grieving: Finding the Meaning of Grief Through the Five Stages of Loss* by Elisabeth Kubler-Ross and David Kessler (Scribner, 2005)
- *Passed and Present: Keeping Memories of Loved Ones Alive* by Allison Gilbert (Seal Press, 2016)
- *The Truth About Grief: The Myth of Its Five Stages and the New Science of Loss* by Ruth Davis Konigsberg (Simon & Schuster, 2011)
- *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief* by Francis Weller (North Atlantic Books, 2015)
- *We Get It: Voices of Grieving College Students and Young Adults* by Heather Servaty-Seib and David C. Fajgenbaum (Jessica Kingsley, 2015)
- *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chodron (Shambhala, 2016)
- *Your Grief, Your Way: A Year of Practical Guidance and Comfort After Loss* by Shelby Forsythia (Zeitgeist, 2020)

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Videos

- “Grief: It’s not something you have to ‘get over’ (Like Minds Ep. 12) BBC Stories: <https://www.youtube.com/watch?v=X55TJRj9HUk>
- “We don’t ‘move on’ from grief. We move forward with it.” Nora McInerny, TED Talk, Apr 25, 2019: [https://www.youtube.com/watch?v=khkJkR-ipfw](https://www.youtube.com/watch?v=khkJkR-<u>ipfw</u>)
- Full length documentary www.speakinggrief.org
- Stephen Colbert and Anderson Cooper’s beautiful conversation about grief <https://www.youtube.com/watch?reload=9&v=YB46h1koicQ>
- “The journey through loss and grief.” Jason B. Rosenthal (TED Talk) <https://www.youtube.com/watch?v=lhoCdZFoktQ>

Websites & Podcasts

- What’s Your Grief – www.whatsyourgrief.com
- Modern Loss – www.modernloss.com
- Center for Loss and Life Transition www.centerforloss.com
- Centering and Grief Digest Magazine <https://centering.org/>
- The Griefcast Podcast <https://cariadlloyd.com/griefcast>
- Good Mourning -- <https://www.goodmourning.com.au/>
- Grief Is My Side Hustle -- www.griefismysidehustle.com
- Grief Is My Superpower -- <https://open.spotify.com/show/OHPXE7pT1tkJ2Bxgbyoizn>
- Grief Out Loud -- <https://www.dougy.org/news-media/podcasts>