JOURNEY THROUGH LOSS
BEREAVEMENT SUPPORT GROUP

Reading through grief

Books for adults grieving the death of a loved one

A book can offer words, understanding or a little company. These books offer different perspectives. We invite you to choose what feels helpful to you. Read at your own pace; there is no required order or timeline.

A PLACE TO BEGIN

It's OK That You're Not OK

Meeting Grief and Loss in a Culture That Doesn't Understand

Megan Devine | 2017

A compassionate starting point when others seem to expect you to feel better. Offers practical ways to live with grief without treating it as something to fix or finish.

PLAIN, PRACTICAL SUPPORT

I Can't Stop Crying

Grief and Recovery, a Compassionate Guide

John D. Martin and Frank D. Ferris | 2013 edition

A brief, accessible Canadian guide to the feelings and everyday changes that can follow a death. A useful option when a longer book feels difficult to take in.

A LITTLE AT A TIME

Healing After Loss

Daily Meditations for Working Through Grief

Martha Whitmore Hickman | 1994

Short daily reflections for readers who prefer a page at a time. Includes spiritual and faith-based language; choose it if that perspective feels comforting to you.

OPTIONAL WRITING COMPANION

How to Carry What Can't Be Fixed

A Journal for Grief

Megan Devine | 2021

Gentle writing prompts and creative exercises for expressing what grief feels like. Use only the pages that speak to you; there is no need to complete it in order.

Understanding and living with grief

Different perspectives, at your own pace

These books offer explanations and personal perspectives. Research-informed guides and lived-experience accounts serve different purposes; choose the kind of company you need today.

UNDERSTANDING GRIEF

The Grieving Brain

The Surprising Science of How We Learn from Love and Loss

Mary-Frances O'Connor | 2022

A neuroscientist explains why grief can bring yearning, confusion and a sense that the person might still return. Research and personal stories help make these experiences more understandable.

GRIEF AND PHYSICAL WELL-BEING

The Grieving Body

How the Stress of Loss Can Be an Opportunity for Healing

Mary-Frances O'Connor | 2025

Explores how bereavement and stress affect the body, alongside ways to care for yourself. A companion to The Grieving Brain for readers who want a fuller, research-informed explanation.

LIVING WITH LASTING LOVE

Grief Is Love

Living with Loss

Marisa Renee Lee | 2022

A personal account of making room for grief while continuing to love the person who died. Includes attention to how race, identity and unequal access to support can shape grieving.

WHEN GRIEF FEELS OVERWHELMING

Bearing the Unbearable

Love, Loss, and the Heartbreaking Path of Grief

Joanne Cacciatore | 2017

Short, compassionate chapters by a bereavement researcher and bereaved mother. Addresses profound grief, including traumatic death and the death of a child. The personal stories can be emotionally intense; read at your own pace.

Finding a copy: ask your library about print, e-book, audiobook or interlibrary-loan options. Availability varies.

When a relationship shapes the loss

Mother, sibling, partner and family experiences

A book focused on one relationship may help you feel recognized. These perspectives are offered as choices, rather than assumptions about how anyone should grieve.

AFTER THE DEATH OF A MOTHER

Motherless Daughters

The Legacy of Loss

Hope Edelman | 2014 anniversary edition

Explores how a mother's death can continue to shape identity and relationships over many years. Written particularly for daughters, including those whose mothers died when they were young.

AFTER A SIBLING'S DEATH

Surviving the Death of a Sibling

Living Through Grief When an Adult Brother or Sister Dies

T. J. Wray | 2003

Recognizes the grief of adult siblings, which can be overlooked. Combines the author's experience with other bereaved siblings' stories and practical reflections. Read its discussion of stages as possibilities, not a required sequence.

AFTER A PARTNER'S DEATH

The Hot Young Widows Club

Lessons on Survival from the Front Lines of Grief

Nora McInerny | 2019

A short, candid companion about loss, relationships and the awkwardness of other people's responses. Its humour and direct tone may suit some readers more than others; its audience extends beyond young widows.

GRIEVING WHILE PARENTING

The Group

Seven Widowed Fathers Reimagine Life

Donald L. Rosenstein and Justin M. Yopp | 2018

Follows seven fathers raising children after their wives died from cancer. Their stories, and the authors' work with their support group, offer a picture of parenting, connection and life after bereavement.