**Recommended Reading on Grief and Loss**

* *No Time to Say Goodbye: Surviving the loss of a loved one.* Carla Fine.(1999)
* *Grief Works: Stories of life, death and grieving.* Julia Samuel. (2018)
* *Mindfulness and Grief: With guided meditations to calm your mind and restore your spirit.* Carla Fine. (2018)
* *Please be Patient I’m Grieving: How to care for and support the grieving heart.* Gary Roe. (2016)
* *I Wasn’t Ready to Say Goodbye: Surviving, coping and healing after the sudden death of a loved one.* Brook Noel and Pamela Blair*.* (2016)
* *I’m Grieving as Fast as I Can:* *How young widows and widowers can cope and heal*. Linda Feinberg. (2013)
* *It’s OK that you’re not OK: Meeting grief and loss in a culture that doesn’t understand*. Megan Devine. (2017)
* *Shattered*: *Surviving the loss of a child*. Gary Roe. (2017)
* *Silent Grief*: *Living in the wake of suicide*. Christopher Lukas and Henry M. Seiden. (2007)
* *Resilient Grieving*: *Finding strength and embracing life after a loss that changes everything.* Lucy Hone and Karen Reivich. (2017)
* *On Grief and Grieving: Finding the meaning of grief through the five stages of loss.* Elisabeth Kubler Ross and David Kessler. (2014)
* *Healing after Loss:* Daily Meditations for working through grief. Martha Whitmore Hickman. (1994)
* *Grieving with Hope:* *Finding comfort as you journey through loss*. Samuel J. IV Hodges. (2011)
* *Modern Loss: Candid conversation about grief, beginners welcome*. Rebecca Soffer and Gabrielle Birkner. (2018)
* *Grief Day by Day: Simple practices and daily guidance for living with loss*. Jan Warner. (2018)
* *Ambiguous Loss*: *Learning to live with unresolved grief*. Pauline Boss. (2000)
* *The Way Men Heal*. Thomas R. Golden. (2014)
* *Healing Your Grieving Heart for Kids: 100 Practical Ideas*. Alan Wolfelt. (2001)
* *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief*

Francis Weller. (2015)

**Recommended Podcast on Grief and Loss**

*Single Episode*

* The Myth of Closure (<https://onbeing.org/programs/pauline-boss-the-myth-of-closure-dec2018/>)
* Death and Grief in the Digital Age (<http://socialworkpodcast.blogspot.com/2017/02/digital-death.html>)
* How to Navigate Grief and Loss Skillfully (<https://alexandraepple.com/episode-12-navigate-grief-loss-skillfully/>)
* Why we all need to learn how to grieve (<https://loveprojectlove.com/new-blog-1/podcast-grief-healing-donna-lancaster>)
* Sudden Grief: Losing a loved one to addiction (<http://theaddictedmind.com/episode-34-sudden-grief-losing-a-loved-one-to-addiction-with-louise-stanger/>
* Practical and Tactical Tip: Uncomfortably Numb – Rick Belden on Grief and Loss (The Man Rules Podcast)

 <https://www.dangriffin.com/grief-healing-tips-masculinity-man-rules-podcast/>

* Redefining the Grieving Process in the Digital Age

(<https://www.npr.org/2012/02/08/146585372/redefining-the-grieving-process-in-the-digital-age>)

* Where is the Grief? [(http://wheresthegrief.libsyn.com/](file:///C%3A%5CUsers%5CChad%5CDesktop%5CWebsite%20Pages%5CResource%20Library%5CGrief%20%26%20Loss%5C%28http%3A%5Cwheresthegrief.libsyn.com%5C))
* Grief Works (<https://play.acast.com/s/griefworks>)
* Climbing Grief Fund monthly talks (<https://americanalpineclub.org/grief-fund-offerings>)
* Atlantic article on personal grief rituals <https://www.theatlantic.com/health/archive/2014/03/in-grief-try-personal-rituals/284397/>
* Coming Back (<http://www.shelbyforsythia.com/>)
* Terrible, Thanks for Asking (<https://www.apmpodcasts.org/ttfa/>)
* What’s Your Grief (<https://whatsyourgrief.com/grief-podcast/>)
* Death Prattle (<http://www.prattlepod.com/>)
* Refuge in Grief (<https://www.refugeingrief.com/meganspodcasts/>)
* Death goes Digital (<http://www.deathgoesdigital.com/podcast>)
* Grief Encounters (<https://podtail.com/en/podcast/grief-encounters/>)
* The Art of Dying (<https://www.artofdyingwell.org/podcasts/>)

**Recommended Twitter Accounts on Grief and Loss**

@HealGrief

@GriefSpeaks

@NavigatingGrief

@TheGriefToolbox

@GriefHelp

@GriefHelping

@GriefRecovery

@GriefCompass

**Recommended Videos on Grief and Loss**

Beyond Closure: Nancy Berns

<https://www.youtube.com/watch?v=w0rCfXSdYPE>

Good Grief: What I learned from loss: Elaine Mansfield <https://www.youtube.com/watch?v=PBzEwf1k59Y>

The adventure of grief: Dr. Geoff Warburton <https://www.youtube.com/watch?v=juET61B1P98>

Lost in Loss: A window into the grieving brain: Zoe Donaldson

<https://www.youtube.com/watch?v=n4n1hKvT2CM>

How grief feels: Robbie Stamp

<https://www.youtube.com/watch?v=6GfthkyzW5s>

The journey through loss and grief: Jason B. Rosenthal

<https://www.ted.com/talks/jason_b_rosenthal_the_journey_through_loss_and_grief>

A Love letter to realism in a time of grief: Mark Pollock and Simone George

<https://www.ted.com/talks/mark_pollock_and_simone_george_a_love_letter_to_realism_in_a_time_of_grief>

What forty steps taught me about love and grief: Tembi Locke

<https://www.youtube.com/watch?v=Z65fSOl57Mo>

The Cure for Grief: Norah Casey

<https://www.youtube.com/watch?v=Z65fSOl57Mo>

Grief is Good: Joe Primo

<https://www.youtube.com/watch?v=snbc6jg0Oro>