

Bibliography for The Well of Grief

Required Texts

- *Bearing the Unbearable: Love, Loss and the Heartbreaking Path of Grief* by Joanne Cacciatore
- *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing in your Heart* by Alan D. Wolfelt

Highly Recommended Texts

- *Notes on Grief* by Chimamanda Ngozi Adichie (a memoir)
- *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief* by Francis Weller

Additional Books on Grief

- *A Hole in the World: Finding Hope in Rituals of Grief and Healing* by Amanda Held Opelt
- *Ambiguous Loss: Learning to Live with Unresolved Grief* by Pauline Boss
- *Between Worlds: Shared Reflections of a Spiritual Midwife* by Brid Shine
- *Finding Meaning: The Sixth Stage of Grief* by David Kessler
- *Finding the Words: Working through Profound Loss with Hope and Purpose* by Colin Campbell
- *Grief Is a Journey: Finding Your Path Through Loss* by Kenneth J. Doka
- *How to Go on Living When Someone You Love Dies* by Therese A. Rando
- *It's OK That You Are Not OK* by Megan Devine
- *The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change* by Pauline Boss
- *The Wilderness of Divorce: Finding Your Way* by Alan Wolfelt
- *The Wound Makes the Medicine* by Pixie Lighthouse
- *Unattended Sorrow* by Stephen Levine
- *Walking with Sobonfu* by Susan Hough

Grief: Gender and Beyond

- ["A Man and His Feelings"](#) by Josh Gressel
- ["The Mask You Live In"](#)
- [Gender differences in grief narrative construction: a myth or reality?](#)
- *Grieving Beyond Gender: Understanding the Ways Men and Women Mourn* by K. J. Doka & T. L. Martin
- ["Helping Boys to Heal"](#) by Tom Golden
- ["How Men Can Embrace Their Emotions"](#) by Alex Willis

- [Men's Grief - Why Men Grieve Differently and How To Support Them](#) Tom Golden with Barbara Morningstar
- [Soul and Science: The Feminine Side of Grief](#)
- [Soul and Science: The Masculine Side of Grief](#)
- *Swallowed by a Snake: The Gift of the Masculine Side of Healing* by Thomas R. Golden
- *The Way Men Heal* by Thomas R. Golden
- [“Understanding the Way Men Grieve”](#) by J. Scott Janssen, MSW, LCSW
- [Tom Golden on the Way Men Heal](#)

Grief Memoirs

- *A Grief Observed* by CS Lewis
- *Angela's Ashes* by Frank McCourt
- *Artful Grief* by Sharon Strouse
- *Between Two Kingdoms: A Memoir of a Life Interrupted* by Suleika Jaouad
- *Everything Happens for a Reason: And Other Lies I've Loved* by Kate Bowler
- *Exact Replica of a Figment of My Imagination* by Elizabeth McCracken
- *From Scratch* by Tembi Locke
- *H Is for Hawk* by Helen McDonald
- *In Love* by Amy Bloom
- *More than I Imagined: What a Black Man Discovered About the White Mother He Never Knew* by John Blake
- *Night* by Elie Wiesel
- *Notes on Grief* by Chimamanda Ngozi Adichie
- *Sparrow: A Book of Life and Death and Life* by Jan Richardson
- *The Salt Path* by Raynor Winn
- *The Still Point of the Turning World* by Emily Rapp Black
- *The Year of Magical Thinking* by Joan Didion
- *Wave* by Sonali Deraniyagala
- *What You Have Heard Is True* by Carolyn Forché
- *When Breath Becomes Air* by Paul Kalanithi
- *Why Fathers Cry* by Kwame Alexander

Spoken Life Stories

- [Moth Radio: Facing the Dark](#) (Use *Search* to find many more)
- [StoryCorps: One Who Is Understanding](#) (Use *Search* to find many more)

Books on the Science of Grief

- *The Anatomy of Grief: How the Brain, Heart, and Body Can Heal after Loss* by Dorothy P. Holinger
- *The Body Keeps Score* by Bessel van der Kolk
- *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss* by Mary-Frances O'Connor
- *The Other Side of Sadness: What the New Science of Bereavement Tells Us About the Life After Loss* by George Bonanno
- *The Psychology of Grief (The Psychology of Everything)* by Richard Gross

Books on Traumatic Death

- *I wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One* by Brook Noel and Pamela Blair
- *Moving Beyond Trauma: The Roadmap to Healing from Your Past and Living with Ease and Vitality* by Ilene Smith
- *Posttraumatic Growth: Theory, Research, and Applications* by Richard Tedeschi, et. al.

Family and Grief

- [Author Kwame Alexander reflects on Why Fathers Cry at Night](#)
- *Healing the Adult Sibling's Grieving Heart: 100 Practical Ideas After Your Brother or Sister Dies* by Alan D. Wolfelt
- *The Empty Room: Understanding Sibling Loss* by Elizabeth DeVita-Raeburn
- *The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents* by Alexander Levy

Children and Grief

- *A Parent's Guide to Raising Grieving Children* by Phyllis R. Silverman and Madelyn Kelly
- [Coping With Grief: Activities for Children & Teens](#) Calvary Hospital
- *Healing a Child's Heart After Divorce: 100 Practical Ideas for Families, Friends and Caregivers* by Alan Wolfelt and Raelynn Maloney
- *Modern Loss: Candid Conversation about Grief* by Rebecca Soffer and Gabrielle Birkner
- [Supporting Children in Grief with StoryCorps DIY: Road to Resilience](#) StoryCorps
- [The Power of Story: Children in a Time of Sadness](#) Kate DiCamillo

Social Justice and Grief

- *Finding Refuge: Heart Work for Healing Collective Grief* by Michelle Cassandra Johnson (social justice focus)
- *Grieving While Black: An Antiracist Take on Oppression and Sorrow* by Breeshia Wade
- [He saw the ghost of his racist grandfather. It helped lead to meaningful healing.](#) John Blake interviewed by Rachel Martin
- *Rebellious Mourning: The Collective Work of Grief* by Cindy Milstein

Eco-Grief and Earth Healing

- *Alphie and Me: What Owls Know; What Humans Believe* by Carl Safina
- [Andy Goldsworthy—Earth Artist](#)
- *Andy Goldsworthy: A Collaboration with Nature* and other books by Andy Goldsworthy
- *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teaching of Plants* by Robin Wall Kimmerer
- *Coming Back to Life: The Updated Guide to the Work That Reconnects* by Joanna Macy and Molly Brown
- [“Grieving My Way into Loving the Planet”](#) article by Dahr Jamail
- [“Grieving the Trees”](#) by Margaret Bullitt-Jonas
- [Her antidote for 'climate grief' and a shrinking Great Salt Lake? Don't look away](#) Terry Tempest Williams
- [How eco-grief will help us save ourselves](#) - Rupert Read
- [John D. Liu: Ecosystem Restoration Camps](#)
- [Metabolizing Grief to Nurture the Great Turning](#)—September Issue of Deep Times journal
- *Mourning in the Anthropocene: Ecological Grief and Earthly Coexistence* by Joshua Trey Barnett
- [Tales of Sweetgrass & Trees: Robin Wall Kimmerer & Richard Powers with Terry Tempest Williams](#)
- *The Book of Hope: A Survival Guide for Trying Times* by Jane Goodall and Douglass Abrams
- [The Edges in the Middle, V: Báýò Akómoláfé, Naomi Klein and Yuria Celidwent in For the Wild podcast](#)
- *The Way of Imagination* by Scott Russell Sanders
- *Thus Spoke the Plant* by Monica Gagliano

Audio and Videos on Grief

- [All There Is podcasts](#) by Anderson Cooper
- [Ambiguous Loss and the 'Myth of Closure'](#) Pauline Boss
- [Conscious Living, Conscious Dying](#) Stephen Levine on Thinking Allowed TV
- [Death Is Inevitable—Grief Is Not](#) by Jennifer Matthews
- [Dharma Talks on Grief and Loss from Plum Village](#)
- [Finding Meaning in Our Grief](#) David Kessler with Tami Simon on Sounds True
- [Good Grief! What I Learned from Loss](#) by Elaine Mansfield
- [Grief, Trauma and Bearing the Unbearable](#) Joanne Cacciatore on Good Mourning Grief Podcast
- [Healing with David Kessler podcasts](#)
- [Honoring Grief](#) Jack Kornfield
- [How Does One Deal with The Loss Of A Loved One](#) Thich Nhat Hanh
- [On Being Archives: Grief](#)
- [Speaking Grief](#) PBS
- [The Five Gates of Grief and Loss](#) Francis Weller and Diana Hill
- [The Howl at the Center of Grief](#) Megan Devine with Tami Simon on Sounds True
- [The Secret Side of Grief—The Culture of Blame](#) Megan Devine on Sounds True
- [Why Death and Grief Are Necessary for Life and Joy](#) Joanne Cacciatore at Arizona State University
- [The Adventure of Grief](#) Dr Geoff Warburton at TEDxBrighton

Grief Website

- [What's Your Grief.com](#)

Resources for Care for the Grieving

- *All Our Losses, All Our Grievs: Resources for Pastoral Care* by Kenneth R. Mitchell and Herbert Anderson
- *Bereavement Support Groups: Breathing Life into Stories of the Dead* by Lorraine Hedtke
- *Continuing Bonds in Bereavement: New Directions for Research and Practice* by Dennis Klass, et. al.
- *Finding a Sacred Oasis in Grief: A Resource Manual for Pastoral Care Givers* by Steven L. Jeffers and Harold Ivan Smith
- [Finding Our Way in Grief](#) by Deadra Ashton and Marv Klassen-Landis, Telechaplancy Community of Practice
- ["Mustering the Courage to Mourn"](#) by Alan Wolfelt
- *Narrative Medicine: Honoring the Stories of Illness* by Rita Charon
- *The Grief Deck: Rituals, Meditations, and Tools for Moving through Loss* by Adriene Jenik

- *The Understanding Your Grief Support Group Guide: Starting and Leading a Bereavement Support Group* by Alan Wolfelt

Resources for Resilience and Healing

- [4 Ways Sadness can be Good for You](#) by Joseph P Forgas
- *A Celtic Book of Dying: The Path of Love in the Time of Transition* by Phyllida Anam-Áire
- *A Hidden Wholeness: The Journey Toward an Undivided Life* by Parker Palmer
- [Become an Active Operator of Your Nervous System](#) by Deb Dana
- *Companioning You! A Soulful Guide to Caring for Yourself While You Care for the Dying and the Bereaved* by Alan Wolfelt
- *Dark Night of the Soul* by St. John of the Cross
- *Embracing the Unknown: Life Lessons from the Tibetan Book of the Dead*, an audio book by Pema Chödrön (Author, Narrator)
- *Flow: The Psychology of Optimal Experience* by Mihaly Csikszentmihalyi
- *Flowers in the Dark—Reclaiming Your Power to Heal Trauma through Mindfulness* by Sister Dang Nghiem, MD
- *Grief One Day at a Time: 365 Meditations to Help You Heal After Loss* by Alan Wolfelt
- *Healing Your Grieving Body: 100 Physical Practices for Mourners* by Alan D Wolfelt
- [How to Use Art to Help You Cope with Grief](#) PsycheCentral.com
- [It's Not Just a Metaphor](#) by Kim Hermanson
- *Metaphors We Live By* by George Lakoff and Mark Johnson
- *Philosophy in the Flesh* by George Lakoff and Mark Johnson
- *The Artist's Way* by Julia Cameron
- ["The Enneagram, Loss and Grief"](#) by David N. Daniels, MD
- *Bird by Bird: Some Instructions on Writing and Life* by Anne Lamott
- [Reimagine Virtual Vigil Toolkit](#)
- *Ritual: Power, Healing and Community* by Malidoma Patrice Somé
- [Ritual Journeys through Grief and Joy with Dr. Walter Earl Fluker](#)
- [The Great Bell Chant](#), music and video of Thich Nhat Hanh poem
- *The Lives We Actually Have: 100 Blessings for Imperfect Days* by Kate Bowler and Jessica Richie
- *The Mindful Self-Compassion Workbook* by Kristin Neff and Christopher Germer
- [Using the Polyvagal Theory for Trauma](#) with Dr. Stephen Porges, Being Well Podcast
- *Way of Wakan: Reflections on Lakota Spirituality and Grief* by David J. Mathieu
- [What Is the Polyvagal Theory?](#) Polyvagal Institute

- *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chodron
- *Writing Down the Bones: Freeing the Writer Within* by Natalie Goldberg

Plays

- *A Raisin in the Sun* by Lorraine Hansberry
- *Dancing at Lughnasa* by Brian Friel
- *Death of a Salesman* by Arthur Miller
- *Grief Lessons: Four Plays by Euripides*, Anne Carson (translator)
- *Hamlet* by William Shakespeare
- *The Cherry Orchard* by Anton Chekhov
- *The Glass Menagerie* by Tennessee Williams
- *Oedipus Rex* by Sophocles
- *Our Town* by Thornton Wilder
- *The Humans* by Stephen Karam

Poetry

- *Dearly: New Poems* by Margaret Atwood
- *Heart's Needle* by W.D. Snodgrass
- *Nine Gates: Entering the Mind of Poetry* by Jane Hirshfield
- [On Being: Poetry Unbound](#)
- [Poems of Sorrow and Grieving](#) The Poetry Foundation
- [Poetry Chaikhana: Pain and Wounding](#)
- *Saved by a Poem* by Kim Rosen (on the power of recitation)
- [Spiritual Poetry](#) selected by Jane Hirshfield
- *The Art of Losing: Poems of Grief and Healing* by Kevin Young
- *The Cure for Sorrow: A Book of Blessings for Times of Grief* by Jan Richardson
- *The Essential Rumi* by Coleman Barks (translator)
- *The Grief We're Given* by William Bortz
- *The Iliad* by Homer, translators Emily Wilson or Robert Fagles
- *To Bless the Space Between Us: A Book of Blessings* by John O'Donahue

Essays

- *A Little Devil in America: Notes on Black Performance* by Hanif Abdurraqib
- *Pilgrim at Tinker Creek* by Annie Dillard
- *Earth Works: Collected Essays* by Scott Russell Sanders
- *The Solace of Open Spaces* by Gretel Ehrlich
- *Unsolaced* by Gretel Ehrlich
- ["What is Grief?: A Personal and Philosophical Answer"](#) by Philip Read

Stories, Fables, Myths

- ["Favor Johnson"](#) by Willem Lange
- *Irish Trees: Myths, Legends & Folklore* by Niall Mac Coitir
- *Tales of the Hasidim* by Martin Buber
- *Women Who Run with the Wolves* by Clarissa Pinkola Estés

Fiction

- *A Death in the Family* by James Agee
- *A Thousand Acres* by Jane Smiley
- *Beloved* by Toni Morrison
- *Death Valley* by Melissa Broder
- *Foster* by Claire Keegan
- *Grief: A Novel* by Andrew Holleran
- *Grief is the Thing with Feathers* by Max Porter
- *Haroun and the Sea of Stories* by Salman Rushdie
- *LaRose* by Louise Erdrich
- *Lincoln in the Bardo* by George Saunders
- *The High House: A Novel* by Jessie Greengrass
- *The Lone Ranger and Tonto Fistfight in Heaven* by Sherman Alexie
- *The Overstory* by Richard Powers
- *The Stone Boy and Other Stories* by Thich Nhat Hanh, especially "The Stone Boy" and "Peony Blossoms"
- *Things Fall Apart* by Chinua Achebe
- *Tinkers* by Paul Harding
- *Unsheltered* by Barbara Kingsolver
- "Widows" and "Old Babes in the Wood" in *Old Babes in the Wood* by Margaret Atwood

Young Adult Literature

- *All the Bright Places* by Jennifer Niven
- *I Am Not Your Perfect Mexican Daughter* by Erika L. Sanchez
- *Long Way Down* by Jason Reynolds
- *The Bridge* by Bill Konigsberg
- *The Sky Is Everywhere* by Jandy Nelson
- *They Both Die at the End* by Adam Silvera

Children's Literature

- *Bridge to Terabithia* by Katherine Patterson
- *Charlotte's Web* by E.B. White, illustrated by Garth Williams

- *Cry Heart, But Never Break* by Glenn Ringtved; illustrated by Charlotte Pardi, translated from the Danish by Robert Moulthrop
- *Forget Me Not* by Nancy Van Laan; illustrated by Stephanie Graegin
- *Sally Goes to Heaven* by Stephen Huneck
- *Stones for Grandpa* by Renee Londner; illustrations by Martha Avilés
- *Tear Soup: A Recipe for Healing after Loss*, by Pat Schwiebert and Chuck DeKlyen, illustrated by Taylor Bills (Great for adults as well)
- *The Day Tiger Rose Said Good-bye* by Jane Yolen
- *The Fall of Freddie the Leaf* by Leo Buscaglia
- *The Invisible String* by Patrice Karst
- *The Tiger Rising* by Kate DiCamillo
- *When Dinosaurs Die* by Laurie Krasny Brown and Marc Brown
- *When Someone Dies* by Sharon Greenlee
- *Where Do They Go?* by Julia Alvarez; illustrated by Sabra Field

Music

- *An African American Requiem* by Damien Geter
- *But Here We Are* by The Foo Fighters
- *Little Sparrow* by Dolly Parton
- *The Rising* by Bruce Springsteen
- *Requiem by Verdi*
- Fado
- Flamenco
- ["O Death"](#) song by Rhiannon Giddens with paintings
- *Such Ferocious Beauty* by the Cowboy Junkies
- The Blues

Films

- *A Man Called Ove*
- *Coco*
- *Griefwalker*
- *Manchester by the Sea*
- *Mass*
- *My Life as a Dog*
- *Ordinary People*
- *Pieces of a Woman*
- *P.S. I Love You*
- *Shadowlands*
- *Song of the Sea*

- *Sophie's Choice*
- *Steel Magnolias*
- *The Adam Project*
- *The Face of Love*
- *The Mask You Live In**
- *The Way*
- *Truly, Madly, Deeply*
- *Tuesdays with Morris*
- *Up*
- *Wind River*
- *Wit*
- *Women Talking*

*[*The Mask You Live In*](#) follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Inability to express grief (to mourn) means higher levels of suicide, etc. for boys/men.

TV Series

- *After Life*

Visual Arts

- [7 Photographers Using Their Cameras to Navigate Grief](#)
- [A Greek Photographer's Ode to the Dying Art of Mourning](#)
- [A Photographer's Affection Reveals Joy in Tragedy](#)
- [Coping with Death: Grief and Photography](#)
- Dorothea Lange photographs of the Great Depression
- [Farewell and Death](#), a Käthe Kollwitz Museum Collection
- [How Photography Helped Me Overcome Grief](#)
- Frida Kahlo paintings
- [The Art of Grief](#), curated by the Institute for the Development of Human Arts and Justice Arts Coalition
- Walker Evans photographs of the Great Depression
- [When Photojournalists Cover Grief](#)

Articles

- Bolton G. "Writing is a way of saying things I can't say"--therapeutic creative writing: a qualitative study of its value to people with cancer cared for in cancer

and palliative healthcare. *Med Humanit*. 2008 Jun;34(1):40-6. doi: 10.1136/jmh.2007.000255. PMID: 23674539.

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