

Hamilton's Academy of Grief & Loss

Death of a Partner Bibliography

Lee Hamilton Memorial Grief Lending Library

Located at 3601 Westown Parkway, West Des Moines, Iowa

TITLE	AUTHOR	DESCRIPTION	Topics	Location
<i>Alone: A Widow's Search For Joy</i>	Wiebe, Katie F. (Tyndale House Publishers, Inc., 1976)	The story of how the author found strength to survive her loneliness and loss of identity...		301.42 W
<i>Beyond Widowhood: from bereavement to emergence and hope</i>	DiGiulio, Robert C. (The Free Press, 1989)	Describes how widowed people of all ages contend with the loss of a spouse, and the equally important loss of their own marital identity.		155.9 D
<i>Cowbells And Courage</i>	Page, Patrick W. (Centering Corporation, 1993)	For men who have experienced the death of their spouse. From dating to cooking to anger, tears and sex.	Men and Grief	vf
<i>Death of a Man</i>	Wertenbaker, Lael Tucker (Beacon Press, 1957)	"Told by his widow, here is the story of a man doomed by cancer who chose to die as he had lived...with knowledge and vitality."	Death of a Partner	B W
<i>Gay Widowers: Life After the Death of a Partner</i>	Shernoff, Michael (Routledge, 2013)	A gay widower may find that once the shock and initial confusion of losing his partner is over, there are still many hard, lonely, and overwhelming feelings to be worked through. Often, the bereaved feels isolated, and looking around for comfort, realizes that he doesn't have many resources to turn to. This book is a start. By offering first-person accounts of becoming a widower allows others to find support, validation, recognition, and fellowship.	LGBTQ	306.38 S
<i>Getting To The Other Side Of Grief: overcoming the loss of a spouse</i>	Zonnebelt, Susan (Baker Books, 1998)	Whether you're feeling alone, drowning under an ocean of emotions, or you've worked your way through the darkest nights of the soul and are now wondering how to get on with your life, you'll find comfort and guidance from this book. The authors having both suffered the loss of a spouse at a relatively young age. Their empathy, valuable psychological insights, biblical observations, and male and female perspectives will help you experience grief in the healthiest, most complete way so you can move forward to embrace the new life that is waiting for you.		155.9 Z
<i>Ghost Rider, Travels on the Healing Road</i>	Peart, Neil (ECW Press, 2002)	This bold narrative written by the drummer and lyricist for the band Rush shows how Peart tried to stay alive by staying on the move after the loss of his 19-year-old daughter and his wife. The book will be sold as part of the band's official merchandise during its 47-city American tour. 20 photos. 15 maps.	Men and Grief	917.04 P
<i>Goldfish Went on Vacation, The: a memoir of loss</i>	Dann, Patty (Trumpeter Books, 2007)	Patty Dann had been married almost 10 years to her husband when he was suddenly diagnosed with a fatal brain cancer. In this memoir, Dann explains how the plans they'd made would abruptly come to an end. Worse, Dann had no idea how she'd explain to their three-year-old son. Dann discusses coping with daily challenges, the sorrow, and the uncertainty, as well as embracing the surprising moments of beauty and acceptance.	Death of a Partner	B 813.54 D

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<i>Grief Observed, A</i>	Lewis, C. S. (The Seabury Press, 1961)	A celebrated author submits an intensely personal account of the meaning of his wife's death.	Cancer	B L
<i>Happily Even After: a guide to getting through (and beyond) the grief of widowhood</i>	Fleet, Carole Brody (Cleis Press, Inc., 2012)	"Learning to live happily after the experience of devastating loss is among the most important lessons that can ever be taught. Carole Brody Fleet dares to answer the questions that many are afraid to ask."		306.88 F
<i>Healing A Spouse's Grieving Heart: 100 practical ideas after your husband or wife dies</i>	Wolfelt, Alan D., Ph.D. (Companion Press, 2003)	When your spouse dies, your loss is profound. Not only have you lost the companionship of someone you deeply loved, you have lost the person who shared your history, your helpmate, your lover, perhaps your financial provider. Learning to cope with your grief and find continued meaning in life will be difficult, but you can and you will if you embrace the principles set forth in this practical guide by one of North America's most beloved grief counselors.		155.9 W
<i>Heartsounds: the story of a love and loss</i>	Lear, Martha Weinman (Simon and Schuster, 1980)	With bittersweet poignancy, Lear chronicles her husband's valiant efforts to combat his sickness as more heart attacks and devastating postsurgical complications befall him. A stunning work of medical drama and journalism, <i>Heartsounds</i> is above all the gripping story of a passionate, enduring love.		B L
<i>In The Center Of The Night: journey through a bereavement</i>	Blankenship, Jayne (G.P. Putnam's Sons, 1984)	The true story of a young widow's anguish and the paradoxical enrichment grief can bring.		306.8 B
<i>Jean's Way</i>	Humphry, Derek (Quartet Books, Inc., 1978)	Humphry depicts his empathy with his wife's pain from cancer, his own anticipatory grief and how he helped her to die.	Death of a Partner	362.1 H
<i>Lesbian Widows: Invisible Grief</i>	Whipple, Victoria (The Haworth Press, Inc and Routledge, 2013)	The death of a life partner poses unique challenges for lesbians. This book reveals the touching and very personal stories of twenty-five women, including the author, who were widowed at a young age and forced to create a new life without their life partners. The book follows the widows from the time the couple met, to the time when one of the partners died, and beyond, to show how the surviving partner coped with her loss.	LGBTQ	155.9 W
<i>Let's Roll</i>	Beamer, Lisa with Ken Abraham (Tyndale House Publishing, 2002)	9-11, United Flight 93. You read all about it. You heard hero Todd Beamer's last words. But is that the end of the story? Todd's wife, Lisa reveals what really happened on that ill-fated flight, as well as poignant glimpses of a genuine American hero. She talks candidly about Todd's growing-up years, their marriage and last week together, and then family moments without him- the devastating day her children learned their daddy had died, how they celebrated his first birthday without him, the mix of grief and joy when she gave birth to their third child, and how she's found the confidence to go on in the face of such tragedy and loss.	September 11th	B 973.931 B

TITLE	AUTHOR	DESCRIPTION	Topics	Location
<i>Lifting The Veil Of Sorrow: a self-help book with practical ideas for widows</i>	Auran, Connie (Auran Publishing, 2011)	Written from the author's own experiences regarding the important decisions that must be made after the loss of a spouse.		396 A
<i>Look In The Mirror, A</i>	Ames, Edward M. (Centering Corporation, 1995)	Timely, practical pointers for recovering from the death of a spouse.		vf
<i>Loss of a Life Partner, The: Narratives of the Bereaved</i>	Walter, Carolyn Ambler (Columbia University Press, 2003)	Through discussions of various theories of grief, narratives of the bereaved obtained in interviews with 22 men and women, case study analysis, and chapter summaries, this text integrates the literature about and the bereavement experiences of partners in varying types of relationships.	Unmarried Partners	155.9 W
<i>Making Piece: a memoir of love, loss and pie</i>	Howard, Beth M. (Harlequin, 2012)	When journalist Beth M. Howard's young husband dies suddenly, she packs up the RV he left behind and hits the American highways. <i>Making Piece</i> powerfully shows how one courageous woman triumphs over tragedy. This beautifully written memoir is, ultimately, about hope. It's about the journey of healing and recovery, of facing fears, finding meaning in life again, and moving forward with purpose and, eventually, joy.		B 664.7 H
<i>Meditations For The Widowed</i>	Osgood, Judy, ed. (Gilgal Publications, 1985)	Through these pages, widowed people of all ages share their pain, their anger, their despair. Even more importantly, they share the discoveries and the insights that have enabled them to heal and build new lives for themselves.		248.8 O
<i>Option B: facing adversity, building resilience, and finding joy</i>	Sandberg, Sheryl and Grant, Adam (Alfred A. Knopf, 2017)	After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build.		155.9 S
<i>Partnered Grief: When Gay and Lesbian Partners Grieve</i>	Smith, Harold Ivan and Johnson, Joy (Centering Corporation, 2008)	When Gay and Lesbian Partners Grieve. Quote from book: In a culture that expects grievers to get over it and move on, how do you intentionally and deliberately express your grief for a partner? This book provides the much needed comfort and support.	LGBTQ	vf
<i>Seven Choices: finding daylight after loss shatters your world</i>	Neeld, Elizabeth Harper, Ph.D. (Warner Books, 1990)	Elizabeth Harper Neeld reveals her own loss of her young husband along with real life experiences of over sixty other men and women. This book covers topics such as: the steps to rebuilding beliefs, relationships, and happiness; how to honor the past without being dominated by it; what assistance to request from family and friends; how to tell the difference between sadness and depression; when to seek company and when it's best to be alone; why reminiscing about the past can help create a new future; and why some people take longer than others to recover their love of life.		155.9 N

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<i>Sound Of Solitude, The</i>	McKuen, Rod (Harper & Row, Publishers, Inc., 1983)	The Sound of Solitude is the most moving, private, and essential collection of verse Rod McKuen has yet been willing to share with his millions of readers. Written in diary form this book details the slow, secret search for love, the joy of finding someone, and the nearly indefinable emptiness left behind when love goes.		811.54 M
<i>Three Out Of Four Wives</i>	Lewis, Alfred Allan (Macmillan Publishing Co., Inc., 1975)	An angry expose - the result of hundreds of interviews and extensive research into the plight of The American widow.		301.42 L
<i>Warming Of Winter, The</i>	Jensen, Maxine Dowd (Abingdon, 1977)	The author gives advice, inspiration, and constructive suggestions for dealing with the problems of widowhood.		301.42 J
<i>When A Lifemate Dies</i>	Heilein, Susan, et. al. (Fairview Press, 1997)	Real life accounts of how the loss of a husband, wife or partner affects one's life. For anyone who has had a lifemate die.		155.9 H
<i>Widow To Widow: how the bereaved help one another</i>	Silverman, Phyllis (Brunner-Routledge, 2004)	Shares the experiences of widows who have found comfort and continuity in mutual-help and community support programs. Brings the success of the original widow-to-widow program into the 21st century, preparing a new generation of community leaders, clergy, counselors, hospice staff, social workers, and the widowed themselves to organize and implement mutual-help programs.		306.88 S
<i>Widow To Widow: thoughtful, practical ideas for rebuilding your life</i>	Ginsburg, Genevieve Davis (DaCapo Press, 1997)	Author, therapist, and fellow widow Genevieve Davis Ginsburg offers you-as well as your family and friends-sage advice for coping with the loss of a husband. This book equips you with the gentle encouragement and practical strategies you need to start along the path to building a new life.		306.88 G
<i>Widow's World, A</i>	Mattern, Ivan G & Lois Allen (A Care Giver's, Inc., 1975)	Practical suggestions for the newly widowed.		396 M
<i>Widower, The</i>	Kohn, Jane Burgess (Beacon Press, 1978)	...to show widowers how others were coping with problems they, too, were experiencing.		155.9 K
<i>Widows Can Cope: how to cope with widowhood</i>	Dube, Edna (Bob's Press, 1975)	Step by step information to aid a woman in her new role as widow.		396 D
<i>Widow Next Door, The: Learning to live again as a young widow and single mom after losing my husband to suicide</i>	Cruz, Heather (The Happy Self Publisher, 2018)	My name is Heather and this is my story. It follows me from marrying my best friend and succeeding through an infertility struggle, to becoming a widow and ultimately a single mother. This is the journal of my life after losing the love of my life to mental illness and suicide. My hope is to help others out there who may be travelling a similar path as I am.	Sucide	B C

TITLE	AUTHOR	DESCRIPTION	Topics	Location
<i>Year Of Magical Thinking, The</i>	Didion, Joan (Vintage Books, 2006)	From one of America's most iconic writers a stunning book of electric honesty and passion. Joan Didion explores an intensely personal yet universal experience – her husband's sudden death. This book will speak to anyone who has ever loved a husband or wife or child.		B D