

Hamilton's Academy of Grief & Loss

Sudden Death Bibliography

Lee Hamilton Memorial Grief Lending Library

Located at 3601 Westown Parkway, West Des Moines, Iowa

TITLE	AUTHOR	DESCRIPTION	Topics	Location
<i>About David</i>	Pfeffer, Susan Beth (Delacorte Press, 1980)	When her close friend since childhood murders his adoptive parents and kills himself, 17 year old Lynn is haunted by the tragedy.	Sudden Death / Suicide	F P
<i>After A Parent's Suicide: helping children heal</i>	Requarth, Margo, M.A., M.F.T. (Healing Hearts Press, 2006)	This book focuses on how to help children and teens in the aftermath of a parent's suicide. The book provides an overview of current thinking/research on suicide and explores the increased risk of mental health issues for child survivors. In addition to information about how children grieve at different developmental levels, it also offers comfort to the bereaved, specific coping strategies for families facing this trauma, and insight into what promotes resiliency.	Helping Children / Suicide	155.9 R
<i>After Suicide</i>	Hewett, John H. (The Westminster Press, 1980)	Offers much-needed information and clinically tested advice for those struggling to cope in the aftermath of suicide.	Suicide	155.9 H
<i>After Suicide Loss: coping with your grief</i>	Baughner, Bob, Ph.D. (Chevron Publishing Corporation, 2002)	This booklet was written to help the reader understand some of what he or she may experience during the months after a suicide loss. The material is arranged chronologically: common experiences after the first few days, weeks, months, followed by the first full year and beyond. The book closes with Appendices which list valuable resources and other useful information.	Suicide	362.28 B
<i>After Suicide: a unique grief process</i>	Ross, E. Betsy (Ray of Hope, 1987)	What a suicide survivor can expect to experience and suggestions for getting through this dark, "murky" period of grief.	Suicide	vf
<i>Alicia Afterimage</i>	Delacre, Lulu (LEE & LOW BOOKS Inc., 2008)	Explores the life of Alicia, a popular sixteen-year-old, in the aftermath of a fatal car crash, as her friends, family members, and others recall key episodes that show her impact on their lives. Includes author's note about the real Alicia and how she inspired the book, as well as resources on teen grief.	Sudden Death	F D
<i>Always Too Soon: voices of support for those who have lost both parents</i>	Gilbert, Allison (Seal Press, 2006)	This book includes interviews from a wide variety of celebrities and regular people who lost parents to tragedies like the crash of TWA Flight 800, drunk driving, the Oklahoma City bombing, and the 9/11 terrorist attacks. Included are selections by people who had difficult relationships with their parents, those who lost their parents as children, and some who candidly admit to having valued one parental relationship over the other.	Death of parents	155.9 G

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<i>Children, Teens, and Suicide Loss</i>	Dougy Center, The (The Dougy Center, 2014)	The American Foundation for Suicide Prevention and The Dougy Center, the National Center for Grieving Children & Families, have developed <i>Children, Teens and Suicide Loss</i> , a new guidebook designed specifically to help families with children and teens, who are survivors of a suicide death, better address their complex practical and emotional needs.		155.9 D
<i>Coping with Traumatic Death: homicide</i>	Baughner, Bob, Ph.D. (Robert Baughner & Lew Cox, 2000)	This book is intended to help you understand some of what to expect after the homicide of a family member or friend. The book is divided into sections which cover the first few days, the first few weeks, the first few months, the first year and beyond.	Homicide	155.9 B
<i>Dancing With The Skeleton</i>	Derek, Kirsten (Centering Corporation, 1995)	Pamphlet. Meditations for suicide survivors.	Suicide	vf
<i>Definition Of Suicide</i>	Shneidman, Edwin S. (John Wiley & Sons, Inc., 1985)	... presents an original set of ten characteristics common in suicide. (which) create an intimate portrait of the suicidal person.	Suicide	362.2 S
<i>Do They Have Bad Days In Heaven?: surviving the suicide loss of a sibling</i>	Linn-Gust, Michelle, M.S. (Chellehead Works, 2001)	The author takes the reader through the personal experience of losing her younger sister and weaves in the available research for sibling survivors. She also journeys sibling loss through the life span, explains suicide, the grief process, and how sibling death impacts the brothers and sisters left behind. She adds practical advice for how sibling suicide survivors can help themselves.	Suicide	362.28 L
<i>Family Therapy For Suicidal People</i>	Richman, Joseph, Ph.D. (Springer Publishing Company, 1986)	Addressed to all professional practitioners who may be involved directly or indirectly with suicidal people.	Professional / Suicide	616.85 R
<i>Five Cries of Grief</i>	Strommen, Merton P & A. Irene Strommen (Harper San Francisco, 1993)	A powerful and moving book written from the individual perspectives of a mother and father whose son dies suddenly.	Sudden Death	248.8 S
<i>Goodbye Jeanine</i>	Sackett, Joyce (NavPress, 2005)	Goodbye Jeanine is a faith journey from the despair of a family member's suicide back to hope and joy. This book reveals how Sackett learned to survive the mixed emotions of loss, anger, guilt, fear, and shame-and how you can too.	Suicide	248.8 S
<i>Grief Like No Other, A: surviving the violent death of someone you love</i>	O'Hara, Kathleen (Marlowe & Company, 2006)	Although this is a book for those left behind in the aftermath of violence, it offers concrete and practical steps and stages, allowing family and friend's safe passage through this incredibly harrowing journey.	Homicide	155.9 O
<i>Grief Works: sudden death</i>	Underwood, Donna Reutzell (Morris Publishing, 2005)	This book helps guide the reader through the many emotions that come with this type of grief of homicide, suicide, accident and more.		155.9 U

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<i>Grieving a Suicide: a loved one's search for comfort, answers, and hope</i>	Hsu, Albert Y. (InterVarsity Press, 2017)	After his father's suicide, the author wrestled with the intense emotional and theological questions surrounding suicide. While acknowledging there are no easy answers, he draws on the resources of the Christian faith to point suicide survivors to the God who comforts in our grief and hope for the future. Includes a discussion guide for suicide survivor groups.	Suicide	242.4 H
<i>Guide For The Survivor Who Has Lost A Loved One Through A Sudden Death, A</i>	Baugher, Robert & Marc Calija - 1982	A list of reactions, suggestions and steps for coping with grief when someone loved has died unexpectedly.		vf
<i>Healing Your Traumatized Heart: 100 practical ideas after someone you love dies a sudden, violent death</i>	Wolfelt, Alan D., Ph.D. (Companion Press, 2002)	Death is never easy, but for families and friends affected by a sudden, violent death, grief is especially traumatic. Understanding and expressing these feelings helps survivors, over time and with the support of others, come to reconcile their loss.		155.9 W
<i>Hole In Me Since The Day You Died, The</i>	Labrum, David (The Center for Hospice and Palliative Care, Inc., 2006)	Features the artwork of seven adults who experienced the sudden and unexpected death of a loved one or ones. A statement involving their loved one(s) death precedes their artwork. Readers are then able to observe each person, through their artwork, gradually work through their grief over a period of weeks, months and years. They used their artwork as a way of exploring themselves - shaping, defining and eventually transcending their grief experience.	Sudden Death	155.9 L
<i>Hurting Yourself</i>	Harper, Jeanne (Centering Corporation, 1987)	For teens who have attempted suicide or intentionally injured themselves. Powerful in its talk about self-destruction, drugs and help.	Suicide	vf
<i>I Wasn't Ready to Say Goodbye: surviving, coping and healing after the sudden death of a loved one</i>	Noel, Brook & Pamela Blair (Champion Press, 2000)	Provides a valuable anchor for the griever who faces the challenges of a sudden loss and needs to rebuild their life. Includes grief recovery exercises.		155.9 N
<i>If Daddy Loved Me, Why Did He Leave Me?</i>	Dalke, David (Centering Corporation, 1994)	Pamphlet. For parents and families caring for children after one parent has committed suicide.	Helping Children / Suicide	vf
<i>Just Us: overcoming and understanding homicidal loss and grief</i>	Henry-Jenkins, Wanda (Centering Corporation, 1996)	The author identifies three different cycles of mourning when someone you love is murdered: crisis, conflict and commencement. Covers second victimization and celebrating life.	Homicide	155.9 H
<i>Keeping Clarke</i>	Benbenek, Stephanie (Stephanie Benbenek, 2010)	A deeply moving memoir written by a mom whose only child was killed suddenly in an automobile accident.	Sudden Death	155.9 B

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<i>Last Teenage Suicide, The</i>	Geller, Norman (Norman Geller Publishing, 1987)	The book not only tries to offer some insight and understanding of the problem (suicide), but also, possible solutions.	Suicide	F G
<i>Left Behind: a mother's grief</i>	Kifer, Carol (PAZ Publications, 1999)	This crisis memoir explores questions we all ask when a loved one dies. It is the true story of one woman's struggle to survive the pain of being left behind when her 15-year-old daughter dies suddenly in a car accident. This book is about life and love, and the search for peace and joy following a great loss.	Sudden Death	K
<i>Living When A Young Friend Commits Suicide</i>	Grollman, Earl (Beacon Press, 1991)	Talks about the first days after a death and what you may feel, how to cope, popular misconceptions, returning to school, how you can help suicidal people, now and in the future.	Teens / Suicide	362.28 G
<i>Living With Grief After Sudden Loss</i>	Doka, Dr. Kenneth, ed. (Hospice Foundation of North America, 1996)	For survivors of the sudden loss of a loved one. Includes: suicide, homicide, accident, heart attack and stroke.		155.9 D
<i>Living With Grief: coping with public tragedy</i>	Lattanzi-Licht, Marcia & K. Doka, eds. (Hospice Foundation of America, 2003)	A collection of articles pertaining to large-scale disasters, grief, community support, etc.	Professional	155.9 L
<i>Making Toast</i>	Rosenblatt, Roger (HarperCollins Publishers, 2010)	When his daughter, Amy, collapses and dies from an asymptomatic heart condition, Rosenblatt and his wife leave their home on Long Island to move in with their son-in-law and their three young grandchildren. He peels back the layers on this most personal of losses to create a testament to familial love.	Death of a grandchild	813.6 R
<i>Man Against Himself</i>	Menninger, Karl (Harcourt, Brace & World, Inc., 1966)	A compassionate yet objective analysis of man's psychological war against himself, and his need for self-respect and self-understanding.	Suicide	362.2 M
<i>Message of Hope, A: for surviving the tragedy of suicide.</i>	Harness-Overly, Patricia (Bradley Press, 1992)	The author uses her own experience of the suicide of her son to help others through the unique grieving process of a suicide survivor.	Suicide	616.8 H
<i>Moral Justification Of Suicide, The</i>	Jacobs, Jerry (Charles C. Thomas, Publisher, 1982)	"...a sociological view of the traditionally psychological domain of suicide."	Professional / Suicide	179.7 J
<i>My Son...My Son...A Guide To Healing After Death, Loss Or Suicide</i>	Bolton, Iris (Bolton Press, 1983)	A story of both a devastating tragedy and an exquisite triumph-and the agonizing, relentless conflicted process connecting these two oppositional pulls.	Suicide	616.8 B

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<i>Nicholas Effect, The: A boy's gift to the world</i>	Green, Reg (O'Reilly, 1999)	A young boy from California, Nicholas Green, was killed by highway robbers while vacationing in Italy with his family. His parents agreed to donate his organs, which went to seven Italians waiting for transplants. This story has changed lives around the world.	Organ Donors	362.1 G
<i>No Time For Goodbyes</i>	Lord, Janice Harris (Pathfinder Publishing, 1987)	Coping with sorrow, anger and injustice after a tragic death. An invaluable handbook for those who grieve for someone killed.		152.4 L
<i>No Time to Say Goodbye: surviving the suicide of a loved one</i>	Fine, Carla (Broadway Books, 1997)	Brings suicide survival from the darkness into light, speaking frankly about the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that are shared by all survivors. Fine draws on her own experience and on conversations with many other survivors--as well as on the knowledge of counselors and mental health professionals. She offers a strong helping hand and invaluable guidance to the vast numbers of family and friends who are left behind by the more than thirty thousand people who commit suicide each year, struggling to make sense of an act that seems to them senseless, and to pick up the pieces of their own shattered lives.		362.28 F
<i>Parenting the Suicide Survivors Club</i>	Anderson, Rebecca (SSC Publishing, 2016)	In this hopeful five-book set, a mother and her three children ages 5, 7 and 19 share their story after the suicide death of husband and father Don, in 2002. Their reflections are captured in their own words and through poignant art by artist/storyteller Laurie Phillips.	Suicide	vf A
<i>Parting Is Not Goodbye</i>	Osmont, Kelly (Nobility Press, 1986)	Tells of the unique relationship between the author and her son who was killed in an accident.	Sudden Death	155.9 O
<i>Portraits 9/11/01: the collected portraits of grief from the New York Times</i>	Correspondents of the New York Times (Times Books/Henry Holt, 2003)	Soon after the horrific events of September 11, newsroom staffers at <i>The New York Times</i> began to ask about the real people, the names and faces behind the unimaginable statistics. Their efforts, which grew into the daily "Portraits of Grief" feature, gathered force over the ensuing weeks and eventually became a cultural phenomenon on a national scale. <i>Portraits: 9/11/01</i> brings together all the poignant memories and reminiscences, and stands as a lasting tribute to these beloved souls.	September 11th	B974.7 C
<i>Power To Prevent Suicide, The: a guide for teens helping teens</i>	Nelson, Richard E., Ph.D. (Free Spirit Publishing Inc., 2006)	Grades 6+. Spells out the warning signs, guides teens through the steps of reaching out to a friend, and explains when and how to seek help. It also suggests ways for teens to help themselves when they are feeling stressed or depressed.	Suicide	362.2 N
<i>Prediction Of Suicide, The</i>	Beck, Aaron T., Harvey L.P. / Resnik, Dan J. Lettieri, ed. (Charles Press Publishers, 1986)	Selected papers from a conference convened Oct. 1971 in Philadelphia by the Dept. of Psychiatry of the University of Pennsylvania and sponsored by the Center for Studies of Suicide Prevention of the National Institute of Mental Health.	Suicide	362.2 B
<i>Preventing Adolescent Suicide</i>	Capuzzi, Dave & Larry Golden (Accelerated Development, Inc., 1988)	"This book comes to grips with adolescent suicide."	Suicide	363.2 C

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<i>Preventing Teenage Suicide: the living alternative handbook</i>	Joan, Polly (Human Sciences Press, Inc., 1986)	A program model for guiding adolescents in ways to understand and cope with depression and/or suicidal feelings.	Professional / Suicide	616.85 J
<i>Real Men Do Cry</i>	Hipple, Eric (Quality of Life Publishing Co., 2008)	A quarterback's inspiring story of tackling depression and surviving suicide loss.	Men and grief / Suicide	616.89 H
<i>Realization of Death, The: a guide for the psychological autopsy</i>	Weisman, Avery D., M.D. (Jason Aronson, 1974)	The first book ever to systematically expound the piece-by-piece reconstruction and synthesis of events surrounding the terminal phase of life.	Suicide	616 W
<i>Remembering Alexis: finding perspective in love and loss</i>	Rhyne, Margaret Marshall (Strider International, LLC, 2009)	When Alexis dies mysteriously on a cold, January morning, her mother Margaret is expected to accept Alexis's death and her own complicated life without answers. Instead, she begins to search for a perspective that would give her peace to accept the loss of the child who was part of her soul and the courage to believe in tomorrow. A powerful book for any parent of an exceptional child.	Sudden Death	155.9 R
<i>Savage God, The: a study of suicide</i>	Alvarez, A. (Random House, 1972)	A deep compassionate insight into the realm of self-destruction from a personal, literary and existential point of view.	Suicide	179 A
<i>Second Chance To Live: the suicide syndrome</i>	Alpert, George (DaCapo Press, 1975)	"To shed more lights on a matter of universal concern and to help us better understand why a suicide might happen, the people in this book have volunteered to share their lives."	Suicide	616.8 A
<i>Suicide And Grief</i>	Stone, Howard W. (Fortress Press, 1972)	... promises to give those in the counseling field a fuller understanding of their work with suicide survivors.	Suicide	616.8 S
<i>Suicide Of A Child</i>	Wroblewski, Adina (Centering Corporation, 1984, rev.ed., 1993)	For parents whose child has completed suicide. Goes into good detail on victimization, social stigma, guilt, anger, religious history, ups and downs of recovery.	Death of a child / Suicide	vf
<i>Suicide: Survivors: a guide for those left behind</i>	Wroblewski, Adina (A. Wroblewski, 1994)	A guide for those who have lost someone to suicide. Chapters cover dealing with other people, why suicide grief is different, emotions that come with suicide grief, relationships with others, and recovery.	Suicide	362.28 W
<i>Suicide: Why?</i>	Wroblewski, Adina (Afterwords, 1989)	85 questions and answers about suicide. Includes biographical references.	Suicide	362.28 W
<i>Suicide Survivors Club: Aidan</i>	Phillips, Laurie (SSC Publishing, 2016)	This book in a five-book set is Aidan's story after the suicide death of his father Don, in 2002. Their reflections are captured in their own words and through poignant art by artist/storyteller Laurie Phillips.	Suicide	vf P
<i>Suicide Survivors Club: Becky</i>	Phillips, Laurie (SSC Publishing, 2016)	This book in a five-book set is Becky's story after the suicide death of her father Don, in 2002. Their reflections are captured in their own words and through poignant art by artist/storyteller Laurie Phillips.	Suicide	vf P

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<i>Suicide Survivors Club: Pattie</i>	Phillips, Laurie (SSC Publishing, 2016)	This book in a five-book set is Pattie's story after the suicide death of her husband Don, in 2002. Their reflections are captured in their own words and through poignant art by artist/storyteller Laurie Phillips.	Suicide	vf P
<i>Suicide Survivors Club: Will</i>	Phillips, Laurie (SSC Publishing, 2016)	This book in a five-book set is Will's story after the suicide death of his father Don, in 2002. Their reflections are captured in their own words and through poignant art by artist/storyteller Laurie Phillips.	Suicide	vf P
<i>Suicide Survivors' Handbook</i>	Carlson, Trudy (Benline Press, 2000)	This practical compendium is filled with frank advice for fellow survivors. Dealing with the three major survivors issues (the question "Why?", anger over the event, and guilt) the book gives description of typical patterns in grief process and offers helpful steps to recovery. Chapters include dealing with others, handling holidays, and effects of death and tragedy on the family unit. Of special interest is a portion of one chapter devoted to grief issues of surviving children.	Suicide	616.8 C
<i>Suicide: your child has died</i>	Wroblewski, Adina -1985	A booklet for all parents going through the shock and grief of the suicide death of one of their children – regardless of age.	Death of a child / Suicide	vf
<i>Survivors Of Suicide</i>	Cain, Albert C. (Charles C. Thomas, 1972)	The papers included in this book speak of and for the survivors of suicide, of their torment and need for psychological assistance.	Suicide	155.9 C
<i>Teen Suicide: a book for friends, family and classmates</i>	Kolehmainen, Janet (Lerner Publications Company, 1986)	The facts about suicide, warning signs to watch for, and when and where to go for help.	Suicide	362.2 K
<i>This Is Survivable</i>	Sexton-Jones, Sondra (Centering Corporation, 1996)	Ages: Teen-Adult. A valuable resource for anyone who has had a loved one complete suicide. The author talks about how this type of grief is unique: what to expect from your own feelings, others reactions, suggestions for moving on.	Suicide	vf
<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.	Death of a Partner/ suicide	B C
<i>What to do When the Police Leave: a guide to the first days of traumatic loss</i>	Jenkins, Bill (Quality Books Inc., 2001)	Offers authoritative and invaluable advice, guidance, and resources for families dealing with the traumatic loss of a family member or friend. New to this edition are sections on crime scene cleanup, unsolved cases, and grief in the workplace.	Homicide	155.9 J
<i>What You Should Know About Suicide</i>	Blackburn, Bill (Word Books, 1982)	Provides guidance to fight this tragic trend, informing both the concerned layman and the professional counselor.	Suicide	616.85 B
<i>Who Lives Happily Ever After?</i>	Turnbull, Sharon (Centering Corporation, 1990, rev. ed., 1994)	The author explores the rage, injustice, secondary blame, the media and legal system. Fits all violent death.		vf

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<i>Youth Suicide</i>	Peck, Michael L., Ph.D., et al. (Springer Publishing Company, 1985)	Information intended to assist mental health professionals to increase their knowledge of advances in the field of youth suicide.	Professional / Suicide	362.2 P