

Hamilton's Academy of Grief & Loss

Books for Grieving Teens

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>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>Close Enough to Touch</i>	Peck, Richard (Delacorte Press, 1981)	A seventeen-year-old boy trying to recover from the loss of his girlfriend meets an unusual girl.	Death of a partner	F P
<i>Coping With Grief</i>	Buckingham, Dr. PH Robert W. (The Rosen Publishing Group, Inc., 1991)	Discusses how to deal with different types of grief, in such situations as death, suicide, romantic break-up, and pregnancy. Includes fictional examples and lists of crisis centers and agencies to provide help.		155.9 B
<i>Fire in my Heart Ice in my Veins</i>	Traisman, Enid (Centering Corporation, 1992)	A journal for teenagers experiencing a loss.		vf
<i>Grief Journey</i>	Scrivani, Mark (Centering Corporation)	Notes on grief for teens, young adults, and anyone who is grieving. Talks about the 'firsts' of grief, changes and feeling helpless, then goes into the pain of grief, coping, holidays, hope, saying goodbye, and how our love lives on. Reader friendly and packed with information.		vf
<i>Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief & Finding Meaning after Loss</i>	Goldblatt Hyatt, Ericka (Instant Help Books, 2015)	If you've lost a sibling, you feel sad, confused, or even angry. For the first time, a psychotherapist specializing in teen and adolescent bereavement offers a compassionate guide to help you discover your unique coping style, deal with overwhelming emotions, and find constructive ways to manage this profound loss so you can move forward in a meaningful and healthy way.	Death of a sibling	155.9 G

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<i>Grieving Teen, The: a guide for teenagers and their friends</i>	Fitzgerald, Helen (Fireside, 2000)	The author turns her attention to the special needs of adolescents struggling with loss and gives teens the tools they need to work through their pain and grief. Although the circumstances surrounding a death are difficult to handle at any age, adolescence brings with it challenges and struggles that until now have been largely overlooked. Fitzgerald adeptly covers the entire range of situations in which teens may find themselves grieving a death, whether the cause was old age, terminal illness, school violence, or suicide. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.		155.9 F
<i>Healing a Teen's Grieving Heart: 100 practical ideas</i>	Wolfelt, Alan D. (Companion Press, 2001)	Ideal resource for parents, aunts and uncles, grandparents, teachers, coaches and others who want to help a teen in grief.		155.9 W
<i>Healing Your Grieving Heart For Teens: 100 practical ideas</i>	Wolfelt, Alan D. (Companion Press, 2001)	Written to help teens understand and deal with their unique grief. Gives simple, practical ideas and suggested activities.		155.9 W
<i>If Only</i>	Geithner, Carole (Scholastic Press, 2012)	A stunning debut about one girl's journey through loss and grief. She dares to bare her innermost fears, hurts, and wishes, and even allows herself to have a flowering crush on a boy in the school band. She also finds out deep secrets about her mother which she never knew. It's a year that will change Corinna's life forever.		jF G
<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>Still Here With Me: teenagers and children on losing a parent</i>	Sjöqvist, Suzanne (Jessica Kingsley Publishers, 2007)	In this moving anthology, thirty-one young people tell their stories of losing a parent. They talk honestly about their individual experiences of bereavement; feelings of pain, guilt and anger; the embarrassed reactions or silence of others; and the struggle to rebuild their lives. <i>Still Here With Me</i> is a valuable source of information and comfort to young people who are coming to terms with their loss.	Death of a parent	155.9 S
<i>Straight Talk About Death For Teenagers: how to cope with losing someone you love</i>	Grollman, Earl A. (Beacon Press, 1993)	Simple, direct, "straight from the heart" information about what a teenager can expect from the grieving process.		155.9 G

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<i>Suicide Survivors Club: Pattie</i>	Phillips, Laurie (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. Eight years after guiding her family through the devastation of their collective loss, Rebecca 'Becky' Anderson and her children embarked on a healing journey with artist Laurie Phillips. Each family member had a unique story to tell of how the suicide impacted their life, within a book bearing their name: "Becky," "Pattie," "Aidan" and "Will." The fifth book, "Parenting the Suicide Survivors' Club," is a memoir by Rebecca Anderson that gives context to the individual stories and offers the powerful perspective of a mother, wife and medical professional determined to put her broken family back together.	Suicide	vf P
<i>Teen Grief Relief: parenting with understanding, support and guidance</i>	Horsley, Heidi & Gloria, Ph.D. (Rainbow Books, Inc., 2007)	Provides both parents and teens with the help they need. Shared are teen stories, feelings, techniques, references and resources for use in not only surviving but thriving after the painful loss of a family member or close friend.		155.9 H
<i>Teenagers Talk About Grief</i>	Kolf, June Cerza (Baker Book House, 1990)	Using true-life examples and a personal style, this book offers solid, compassionate help to grieving teenagers. The special problems associated with suicide are also discussed.		155.9 K
<i>Teens, Loss, and Grief: The Ultimate Teen Guide</i>	Meyers, Edward (The Scarecrow Press, 2006)	A self-help guide for teenagers who are struggling with bereavement and the emotional difficulties it presents. This book provides an overview of grief as a painful but normal process, offering insights from bereavement experts as well as practical suggestions for coping with loss, including accounts from teens. This book closes a gap in the available literature on grief and bereavement that has tended to focus on adults and younger children. It provides a warm, accessible resource that will reassure teen readers about the normality of grief, encourages their understanding of what happens during the grief process, and provides an indispensable resource guide.		155.9 M
<i>This Time It's Me</i>	Johnson, Joy & Dr. Marvin, et al. (Centering Corporation, 1992)	For the young person who has just found out she's pregnant. Addresses feelings and encourages good choices.	Pregnancy / Suicide	vf
<i>Weird is Normal, When Teenagers Grieve</i>	Wheeler, Jenny Lee (Quality of Life Publishing, 2010)	Teens grieve differently from adults and often get lost in the shuffle after the death of a loved one. <i>Weird Is Normal When Teenagers Grieve</i> is unique because it is a self-help book for grieving teens written by an actively grieving teen.		155.9 W
<i>When a Friend Dies</i>	Gootman, Marilyn E. Ed.D. (Free Spirit Publishing, Inc., 1994)	Teenagers will find many ideas for helping themselves when a friend has died. The author's gentle advice validates a loss that has often gone unacknowledged.	Death of a friend	155.9 G

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<i>When Death Walks In</i>	Scrivani, Mark (Centering Corporation, 1991)	A gentle, thorough book which looks at ways of facing grief during teen years. Tells how grief affects us, what we can do about anger, sadness and all the emotions that come when death walks in.		vf
<i>Why God, Why?: helping your teen through life's toughest times</i>	Dobson, Dr. James C. (Tyndale House Publishers, Inc., 1993)	Taken from Dr. Dobson's book, <i>When God Doesn't Make Sense</i> and <i>Life on the Edge</i> , that deals with our inability to explain why bad things happen or to understand everything God is doing in our lives-especially when the storm clouds gather.		vf