

# 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*

<b>TITLE</b>	<b>AUTHOR</b>	<b>DESCRIPTION</b>	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	<b>F P</b>
<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	<b>F D</b>
<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	<b>F P</b>
<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.		<b>155.9 B</b>
<i>Fire in my Heart Ice in my Veins</i>	Traisman, Enid (Centering Corporation, 1992)	A journal for teenagers experiencing a loss.		<b>vf</b>
<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.		<b>vf</b>
<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.		<b>155.9 W</b>
<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.		<b>155.9 W</b>

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<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.		<b>jF G</b>
<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	<b>362.28 G</b>
<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	<b>155.9 S</b>
<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.		<b>155.9 G</b>
<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.		<b>155.9 H</b>
<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.		<b>155.9 K</b>
<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	<b>vf</b>
<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. Author Jenny Lee Wheeler lost her father to cancer when she was fourteen and validates for her peers that they have the right to grieve in their own way and according to their own timetable, that their grief attacks might be different from those of adults around them, and that they aren't going crazy if they see signs from their loved one.		<b>155.9 W</b>

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<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	<b>155.9 G</b>
<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.		<b>vf</b>
<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.		<b>vf</b>