

BOOK LIST

TEENS

Books and related resources can help you and your child with words to describe your experience, and to learn about grief and ways to cope. Stories about others can also help kids feel less alone with what has happened to them.

Books About Grief

(Books that give information about death, the grieving process, emotions and/or coping skills)

- Grief is a Mess by Jackie Schuld
- It's Okay That You're Not Okay by Megan Devine
- It Won't Ever Be the Same: A Teen's Guide to Grief and Grieving by Korie Leigh
- When a Friend Dies: A Book For Teens About Grieving and Healing by Marilyn Gootman

Interactive Books

(Journals, activity books, and workbooks)

- Deconstruction/reconstruction: A Grief Journal by the Dougy Center

Other Resources

(Websites, podcasts, etc)

- Dougy Center Resources for Teens <https://www.dougy.org/resources/audience/teens> (podcasts, tip sheets, grief-related activities)
- What's Your Grief <https://whatsyourgrief.com/i-am-a-grief-professional/> (tip sheets, podcasts and articles about grief and coping)
- TalkGrief www.talkgrief.org (podcasts, articles and support line specifically about teen and young adult grief, UK based)
- Teenage Grief Sucks <https://www.teenagegriefsucks.com/> (Teens sharing stories/advice about grief)

Stories About Grief

(Books that talk about grief that others have experienced, may include education as well)

- Tear Soup: A Recipe for Healing After Loss by Pat Schwiebert and Chuck DeKlyen
- Miracle's Boys by Jacqueline Woodson (Parents' deaths)
- The Edge of Everywhere by A.S. Mackey (Parents' death, faith-based)
- The Trouble with Heroes by Kate Messner (Dad's death)
- The Boy in the Black Suit by Jason Reynolds (Mom's death)
- Dancing at the Pity Party by Tyler Feder (Mom's death, cancer)
- Right as Rain by Lindsey Stoddard (Brother's death)
- Halfway to the Sky by Kimberly Bradley (Brother's death)
- Mockingbird by Kathryn Erskine (Brother's death, main character has autism)
- Words in Deep Blue by Cath Crowley (Sister's death)
- All the Blues in the Sky by Renee Watson (Friend's death)
- The Thing About Jellyfish by Ali Benjamin (Friend's death)
- Bridge to Terabithia by Katherine Paterson (Friend's death)
- The Truth as Told by Mason Buttle by Leslie Connor (Friend's death)
- RIP Corey: My Friend Died and it Sucks by Chris Buchanan and Susan Hughes (Friend's death, graphic novel)
- Lost in the Middle by New York Life (Graphic novel) <https://www.newyorklife.com/foundation/kais-journey/lost-in-the-middle>
- The Memory of Things by Gae Polisner (National tragedy, 9/11)
- Orbiting Jupiter by Gary Schmidt (Non-death loss, foster care, incarceration)