



# ADULTS BOOKS FOR BEREAVEMENT & LOSS

*Grief can feel isolating, but reading about other people's experiences can remind you that you're not alone.*

*At The Laura Centre, we recognise that books provide comfort in difficult times. Texts that tackle grief or loss, or contain subject matter focused on bereavement, can help us process new and difficult emotions.*

*Whether you're a parent seeking support after the death of a child, or a professional searching for guidance in the midst of a client's grief, we have collated a list of adult's books for bereavement and loss as seen below.*

## **ADULTS BOOKS FOR BEREAVEMENT & LOSS**

### **On Grief & Grieving; Finding The Meaning Of Grief Through The Five Stages Of Loss, Elizabeth Kubler Ross**

In this book, Kubler Ross explores the five stages of grief – denial, anger, bargaining, depression and acceptance – to help readers normalise their newfound lives and find the courage to continue.

### **This Too Shall Pass; Stories Of Change, Crisis & Hopeful Beginnings, Julia Samuel**

An acclaimed psychotherapist, Samuel draws on hours of conversations with her clients to show how we can learn to adapt and even thrive during the difficult and transformative experience of bereavement.

### **Last Act Of Love; The Story Of My Brother & His Sister, Cathy Rentzenbrink**

In the Summer of 1990, Cathy's brother Matty was knocked down by a car on the way home from a night out. This book details the unimaginable decision that she and her parents had to make in the wake of the accident. It's a story for anyone who has ever watched someone suffer or lost someone they loved.

### **See You In Two Minutes Ma, Linda Allen**

Based on her journals, Allen recalls the moments before her son Darragh took his own life. She takes us from shock and disbelief, through anguish and despair, to a tentative recovery as she attempts to make sense of the tragedy and continue with her life.

### **Kadian Journal; A Father's Memoir, Thomas Harding**

In July 2021, Harding's fourteen-year-old son Kadian was killed in a bicycle accident. Beginning on the day of Kadian's death, continuing throughout his one-year anniversary and beyond, this book is a record of grief in its rawest form.



**When Words Are Not Enough – Creative Responses To Grief, Jane Harris & Jimmy Edmonds**

In this book, Harris and Edmonds draw on their own experience of loss to share how the death of their son led to a creative response that is more than word bound. Echoed in similar case studies, they illustrate how creativity can shape a future where the deceased still play a part even when physically absent.

**It's OK That You're Not Okay; Meeting Grief & Loss In A Culture That Doesn't Understand, Megan Devine**

After witnessing the accidental drowning of her partner, Devine reveals a path for navigating grief and loss by not trying to escape it. Through stories, research, life tips and mindfulness-based practices, she offers a unique guide through an experience we must all face.

***If you need support following the loss of a child, The Laura Centre is here to help.***

***To find out more about our services, email us via [info@thelauracentre.org.uk](mailto:info@thelauracentre.org.uk) or phone us on 0116 254 4341.***