

Suggested Readings and Informational Websites

Adult Loss of a Parent

- *A Mother Loss Workbook: Healing Exercises for Daughters.* D. Hambrook & G. Eisenberg. (1997). Perennial Press
 - *Don't Let Death Ruin Your Life.* J Brooke. Offers practical suggestions for bringing the memory of a parent into everyday life.
 - *Finding Your Way After Your Parent Dies: Hope for Grieving Adults.* R. Gilbert. (1999). Ave Maria Press.
 - *Healing the Adult Child's Grieving Heart.* A.Wolfelt. (2003). Companion Press.
 - *How to Survive the Loss of a Parent: A Guide for Adults.* L.F. Akner & C. Whitney. (1993). Quill. William Morrow and Company, Inc. Explains why the loss of a parent is different from other losses and how it is possible to work through the grief in constructive ways.
 - *Learning to say Goodbye: When a Parent Dies.* E. LeShan.
 - *Losing a Parent (Practical Help for you and other family members).* F. Marshall.
 - *Losing Your Parents, Finding Yourself.* V. Secunda. Astounding and unexpected changes that occur in people when parents die.
 - *Midlife Orphan.* Brooks. Berkley. www.midlifeorphan.com Facing life's changes after your parents are gone.
 - *Motherless Daughters.* H. Edelman. (1995). Dell Publishing Company.
 - *On Grieving the Death of a Father.* H. I. Smith. Draws upon the writings of dozens of sons and daughters reflecting on the impact of their own fathers on their lives.
 - *Orphaned Adult.* M. Angel. Moves from personal experiences to general themes of mortality, mourning and permanent influences of parents.
 - *Our Mothers' Spirits.* B. Blauner. Collection of personal narratives in which well known male writers tell the stories of their mothers' lives and deaths.
 - *Recovering from the Loss of a Parent.* K. F. Donnelly. (2000). iUniverse Incorporated. The author explores the many emotions that arise after a parent dies and tells inspiring stories of how people overcame their anguish.
 - *The Orphaned Adult.* A. Levy. (1997). Perseus Publishing.
 - *When Parents Die: A Guide for Adults.* E. Myers. Addresses the issues raised by the death of an older parent-changes in relationship, intensity of emotions, etc.
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- Monitored online support groups. www.griefnet.org