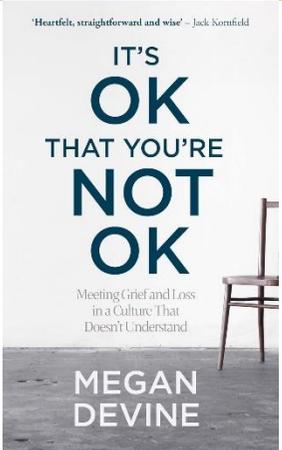
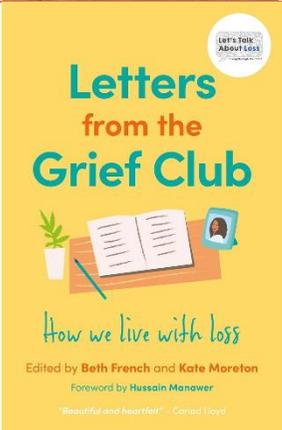
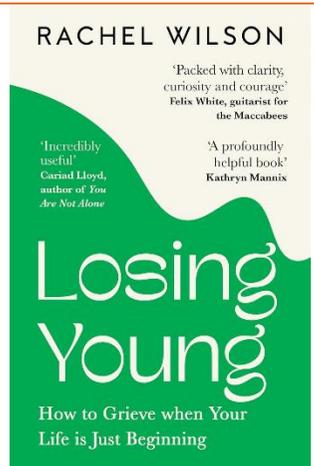


Death and Bereavement Support Resources

A list of books on the topic of dying, death and bereavement available from the Guille-Allès Library. Including books on practical advice and help with bereavement. Books on planning and finding the words to talk about your plans and wishes to your loved ones.

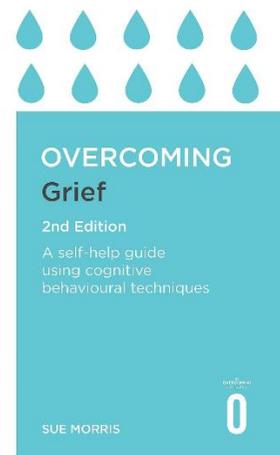
Topic	Cover Image	Title	Author	Shelf mark
Adult Non-fiction		<i>It's Ok that you're not Ok: meeting grief and loss in a culture that doesn't understand</i>	Devine, Megan	155.93 DEV
		<i>Letters from the Grief Club: how we live with loss</i>	French, Beth	155.937 LET



Losing Young: How to Grieve When Your Life is Just Beginning

Wilson, Rachel

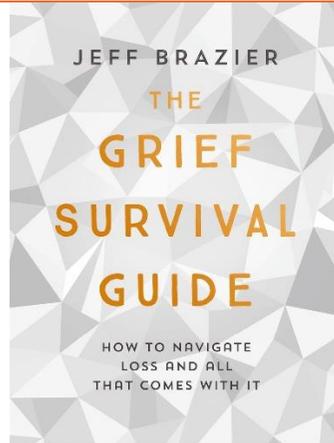
155.937 WIL



Overcoming Grief: A Self-help Guide Using Cognitive Behavioural Techniques

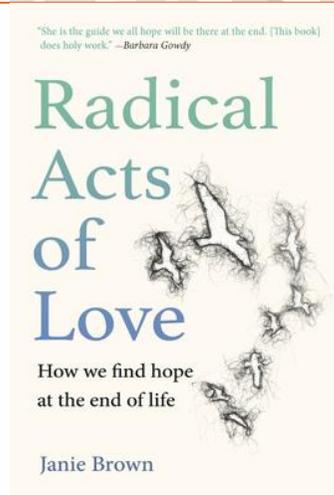
Morris, Sue

155.937 MOR



*The Grief Survival Guide:
Navigating Loss and All
That Comes with It* Brazier, Jeff

155.937 BRA



*Radical Acts of Love:
How We Find Hope at the
End of Life* Brazier, Jeff

155.937 BRO

Marian Carter
Helping Children and
Adolescents Think about
Death, Dying and
Bereavement



*Helping Children and
Adolescents Think about
Death, Dying and
Bereavement*

Carter, Marian

155.937 CAR

*'The advice within these pages is invaluable ...
a lifeline to all who read it'*
JOOLS OLIVER



The Baby Loss Guide

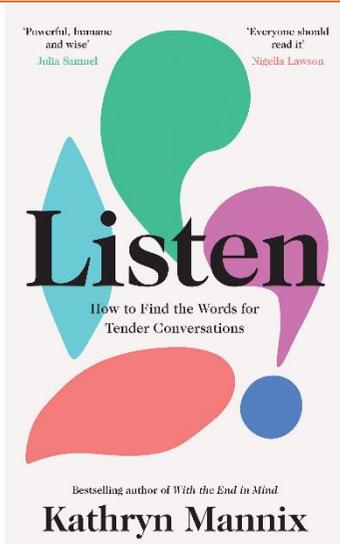
Practical and compassionate support
with a day-by-day resource to navigate
the path of grief

ZOË CLARK-COATES
Grief expert and founder of The Mariposa Trust

*The Baby Loss Guide:
Practical and
Compassionate Support
with a Day-by-day
Resource to Navigate the
Path of Grief*

Clark-Coates, Zoe

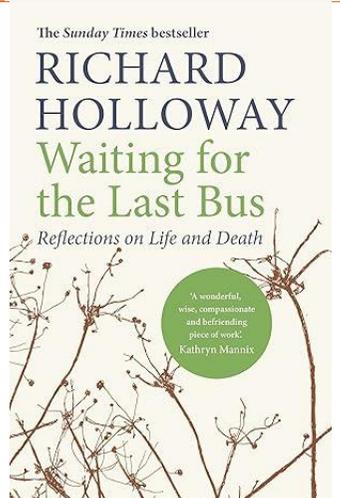
155.9378 CLA



*Listen – How to Find the
Words for Tender
Conversations*

Mannix, Kathryn

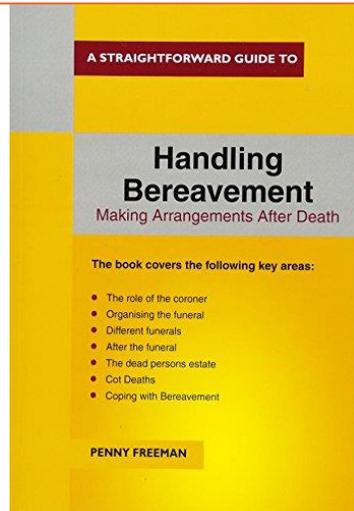
153.9 MAN



*Waiting for the Last Bus:
Reflections on Life and
Death*

Holloway, Richard

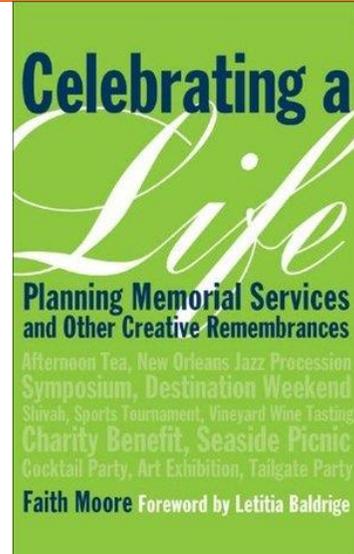
155.937 HOL



*A Straightforward Guide
to Handling Bereavement*

Freeman, Penny

155.937 FRE



*Celebrating a Life:
Planning Memorial
Services and Other
Creative Remembrances*

Moore, Faith

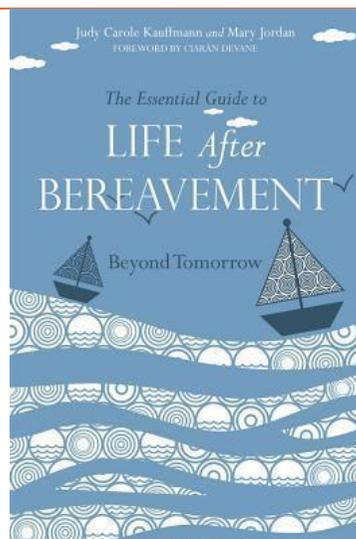
393 MOO



*A Child's Grief:
Supporting a Child When
Someone Has Died*

Winston's Wish

155.937 CHI



*The Essential Guide to
Life After Bereavement:
Beyond Tomorrow*

Carole Kauffmann,
Jude

155.937 CAR

Nine
Rules to
Conquer
Death

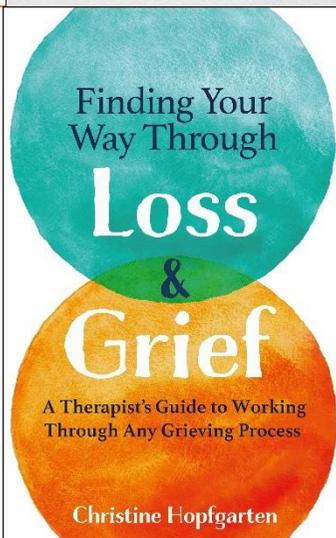


Kevin Toolis

*Nine Rules To Conquer
Death*

Toolis, Kevin

155.937 TOO

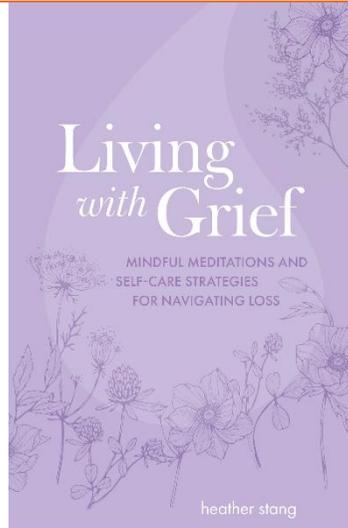


*Finding Your way
Through Loss & Grief: A
Therapist's Guide to
Working Through Any
Grieving Process*

Hopfgarten, Christine

155.937 HOP

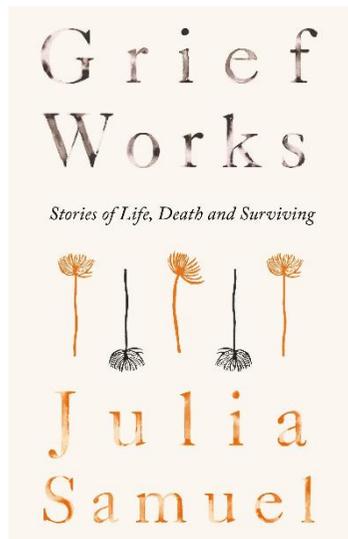
	<p>"A poem to mortality and the beauty of how we can cope with it." —ATUL GAWANDE, author of <i>Being Mortal</i></p> <p>WENDY MACNAUGHTON <i>New York Times</i> Bestselling Artist</p> <p><i>How to Say Goodbye</i></p>  <p>Foreword by BJ MILLER, MD</p> <p>POCKET</p>	<i>How to Say Goodbye</i>	MacNaughton, Wendy	155.937 MAC
	<p>THE <i>Pet Loss</i> GUIDE</p>  <p>A 31-day plan to lead you through your loss</p> <p>MILLIE JACOBS</p>	<i>The Pet Loss Guide</i>	Jacobs, Millie	155.937 JAC



Living with Grief: Mindful meditations and self-care strategies for navigating loss

Stang, Heather

155.937 STA



Grief Works: Stories of Life, Death and Surviving

Samuel, Julia

155.937 SAM

Supporting People
Bereaved through
a Drug or Alcohol
Related Death

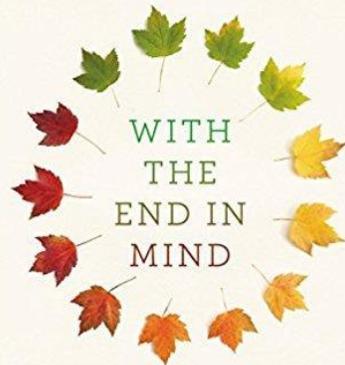
Edited by Peter Cartwright

*Supporting People
Bereaved through a
Drug- or Alcohol-Related
Death*

Cartwright, Peter

155.937 SUP

DYING, DEATH & WISDOM
IN AN AGE OF DENIAL

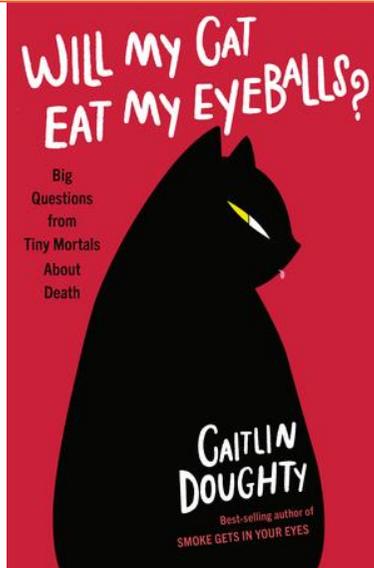


KATHRYN MANNIX

*With the End in Mind:
Dying, Death, and
Wisdom in an Age of
Denial*

Mannix, Kathryn

155.937 MAN



Will My Cat Eat My Eyeballs? Big Questions from Tiny Mortals About Death

Doughty, Caitlin

306.9 DOU

'Matt Haig is astounding' **STEPHEN FRY**

REASONS
TO STAY
ALIVE 
Matt Haig

'A small masterpiece that might even save lives' **JOANNA LUMLEY**

Reasons to Stay Alive

Haig, Matt

158.092 HAI

A Good Life to the End

Hillman, Ken

155.937 HIL

A GOOD LIFE TO THE END

Taking control of our inevitable
journey through ageing and death



KEN HILLMAN
Professor of Intensive Care

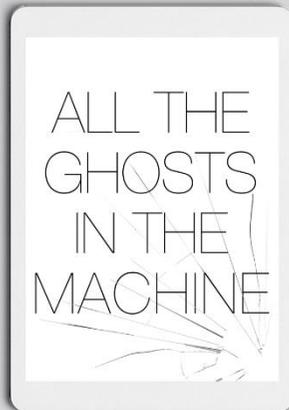
*All the Ghosts in the
Machine: Illusions of
Immortality in the Digital
Age*

Kasket, Elaine

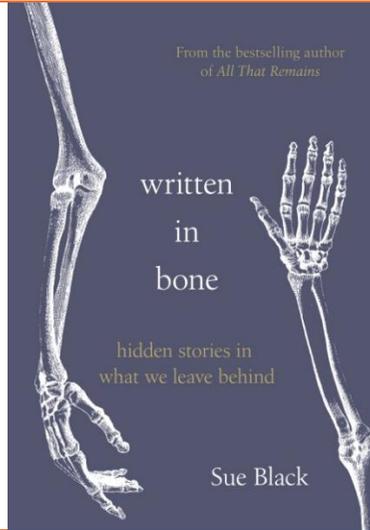
155.937 KAS

Elaine Kasket

'As charming and touching as it is astute and insightful'
Adam Alter, *New York Times* bestselling author of *Invisible Man* and *Drunk Tank Pink*



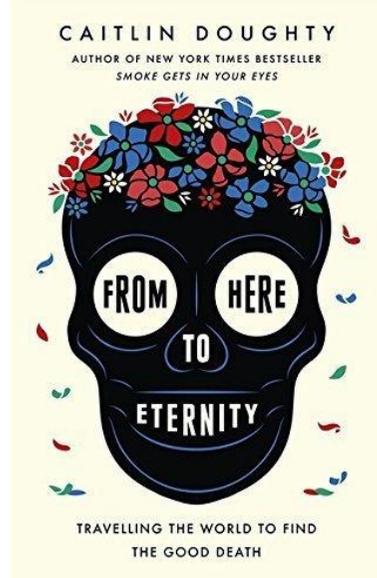
Illusions of Immortality in the Digital Age



Written in Bone

Black, Sue

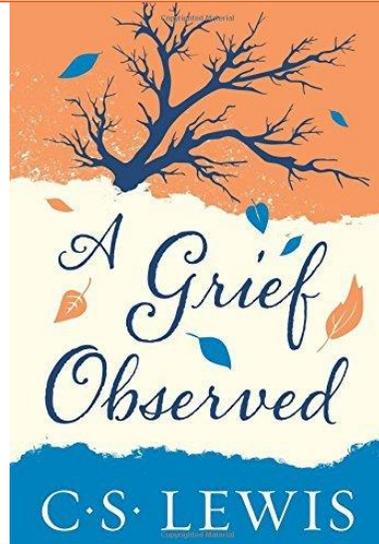
614.17 BLA



From Here to Eternity

Doughty, Caitlin

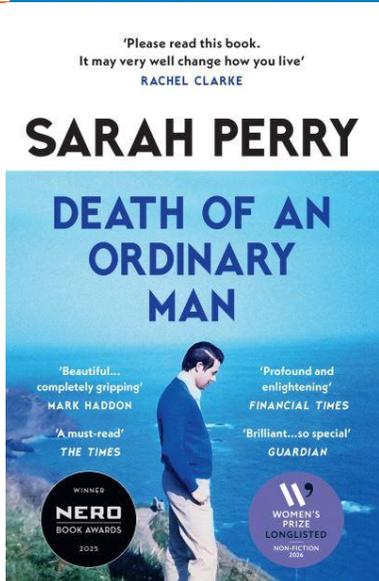
393 DOU



A Grief Observed

Lewis, C.S

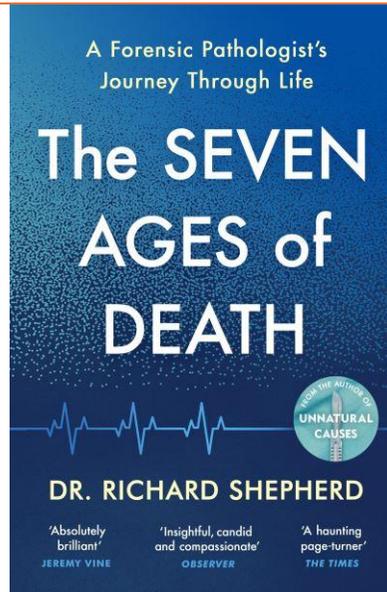
155.937 LEW



Death of An Ordinary Man

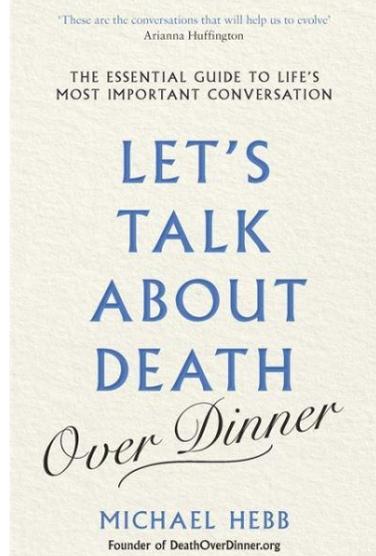
Perry, Sarah

362.196994 PER



The Seven Ages of Death Shepherd, Richard

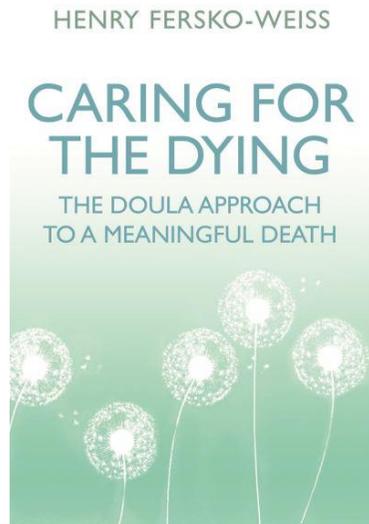
614.1092 SHE



Let's talk about death (over dinner): an invitation and guide to life's most important conversation

Hebb, Michael

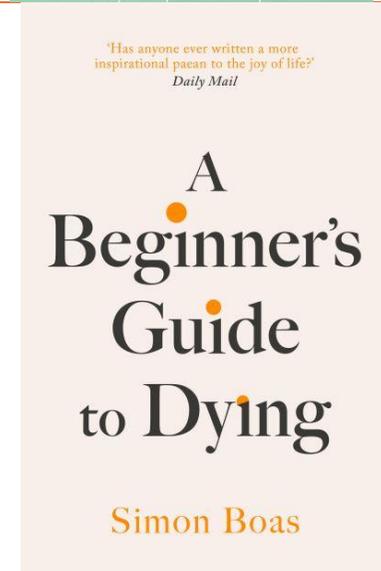
155.937 HEB



Caring for the dying: the doula approach to a meaningful death

Fersko-Weiss, Henry

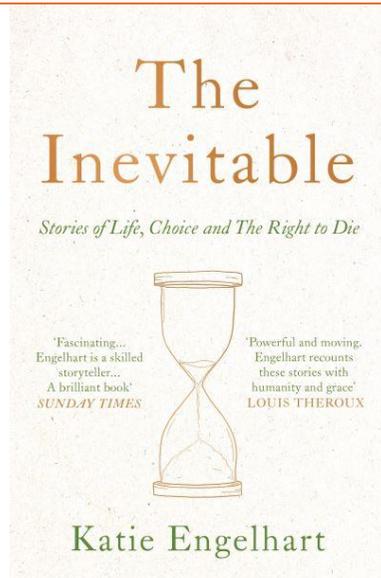
155.937 FER



A beginner's guide to dying

Boas, Simon

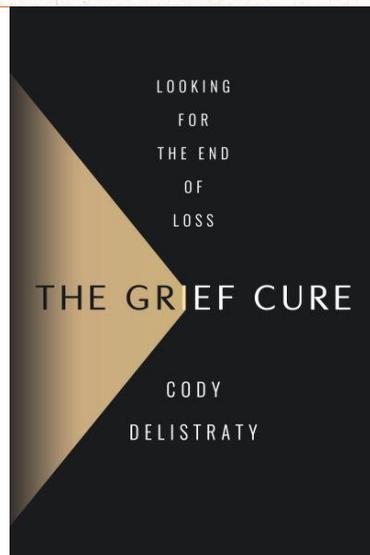
155.937 BOA



The inevitable: stories of life, choice and the right to die

Engelhart, Katie

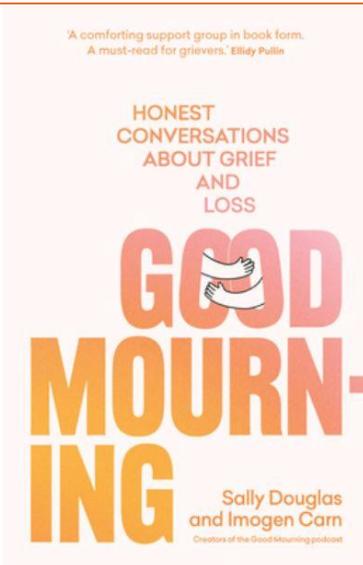
179.7 ENG



The Grief Cure: Looking for the End of Loss

Delistraty, Cody

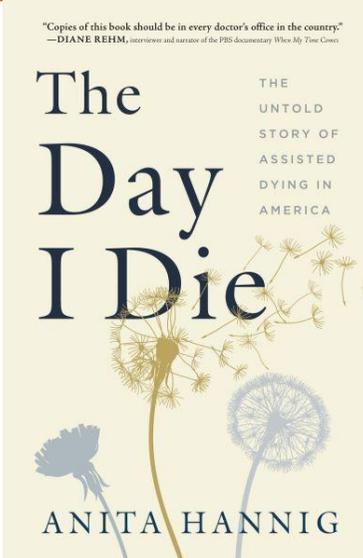
155.937 DEL



Good mourning: honest conversations about grief and loss

Douglas, Sally

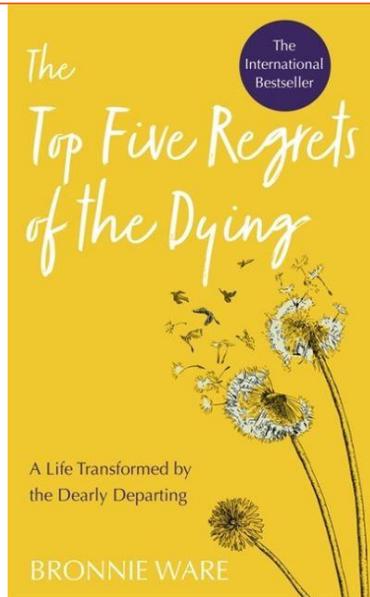
155.937 DOU



The day I die: the untold story of assisted dying in America

Hannig, Anita

179.7 HAN

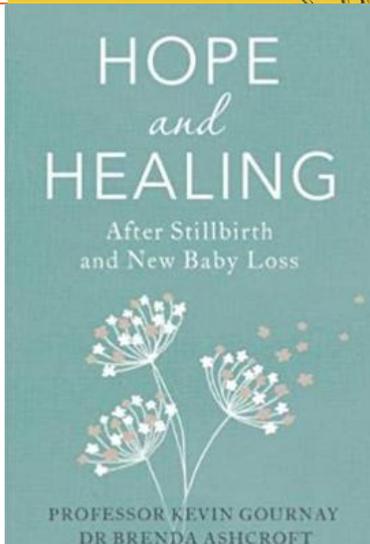


The top five regrets of the dying: a life transformed by the dearly departing

Ware, Bronnie

155.937 WAR

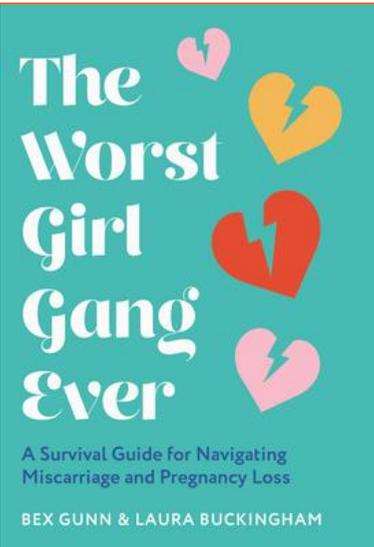
Baby Loss



Hope and Healing After Stillbirth and New Baby Loss

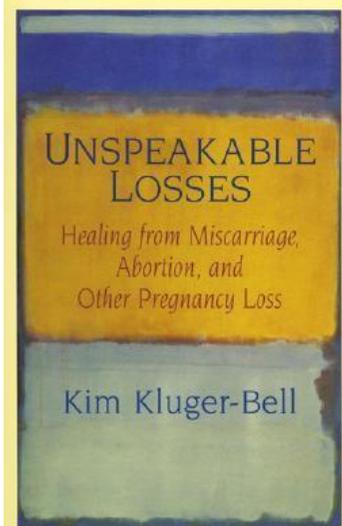
Gournay, Kevin

155.9378 GOU



The Worst Girl Gang Ever: A Survival Guide for Navigating Miscarriage and Pregnancy Loss

Gunn, Bex



Unspeakable Losses: Healing From Miscarriage, Abortion, And Other Pregnancy Loss

Kluger-Bell, Kim

155.937 KLU

Clare Foster
Foreword by Ruth Bender Attk
National Director of The Miscarriage Association

How to Help
Someone after a

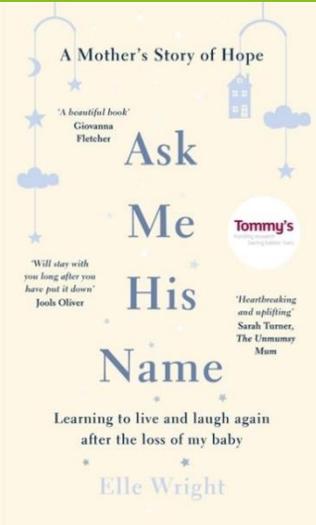
Miscarriage

A Practical Guide to Supporting Someone
after a Miscarriage, Molar or Ectopic Pregnancy

*How to help someone
after a miscarriage: a
practical handbook*

Foster, Clare

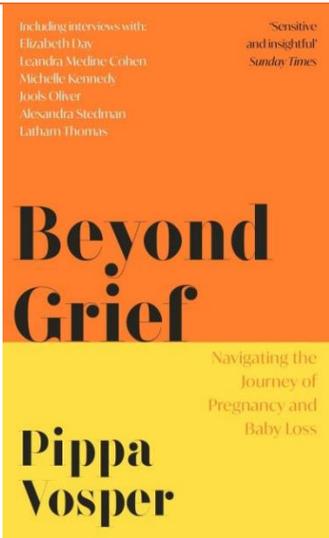
155.9378 FOS



*Ask me his name:
learning to live and laugh
again after the loss of my
baby: a mother's story of
hope*

Wright, Elle

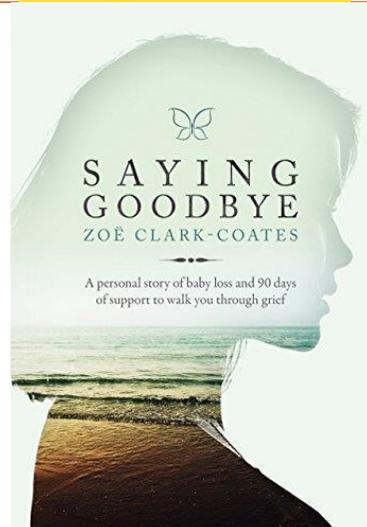
155.9378 WRI



Beyond grief: navigating the journey of pregnancy and baby loss

Vosper, Pippa

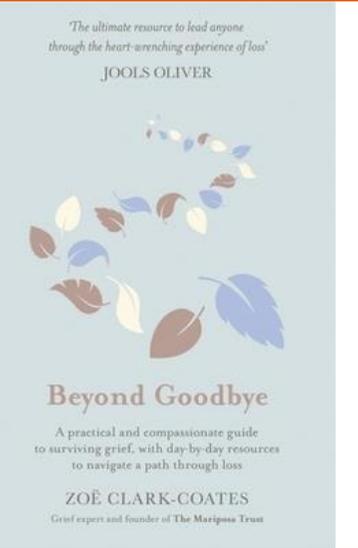
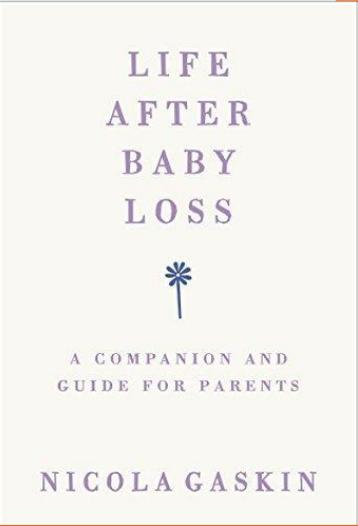
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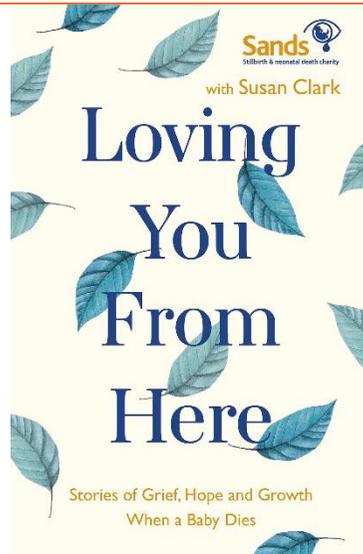


Saying Goodbye: A personal story of baby loss and 90 days of support to walk you through grief

Clark-Coates, Zoe

618.392 CLA

		<p><i>Beyond Goodbye: A practical and compassionate guide to surviving grief, with day-by-day resources to navigate a path through loss</i></p>	<p>Clark-Coates, Zoe</p>	<p>155.937 CLA</p>
		<p><i>Life after Baby Loss</i></p>	<p>Gaskin, Nicola</p>	<p>618.392 GAS</p>

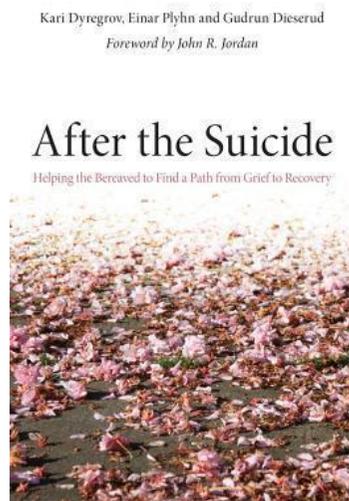


*Loving You From Here:
Stories of Grief, Hope
and Growth When a Baby
Dies*

Clark, Susan

155.9378 CLA

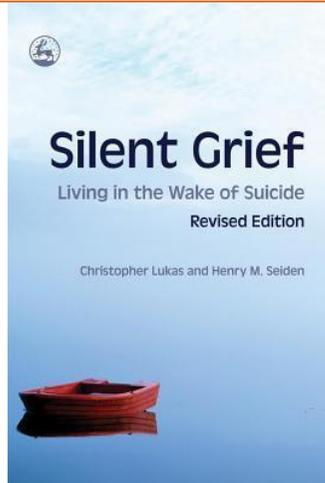
Suicide



*After the Suicide: Helping
the Bereaved to Find a
Path from Grief to
Recovery*

Dyregrov, Kari

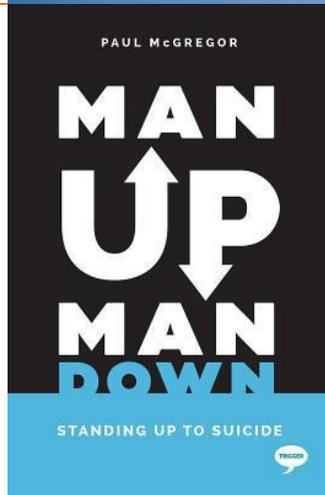
616.858445 DYR



*Silent Grief: Living in the
Wake of Suicide*

Lukas, Christopher

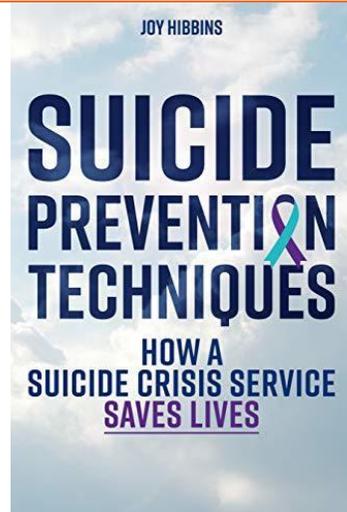
616.858445 LUK



*Man Up Man Down:
Standing Up to Suicide*

McGregor, Paul

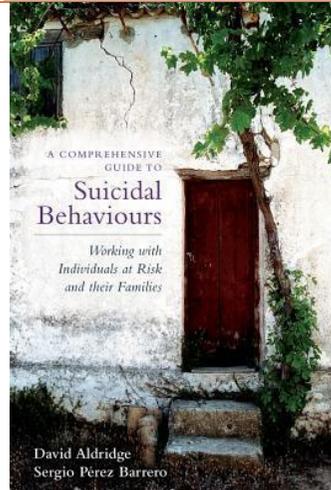
616.858445 WIL



*Suicide Prevention
Techniques: How a
Suicide Crisis Service
Saves Lives*

Hibbins, Joy

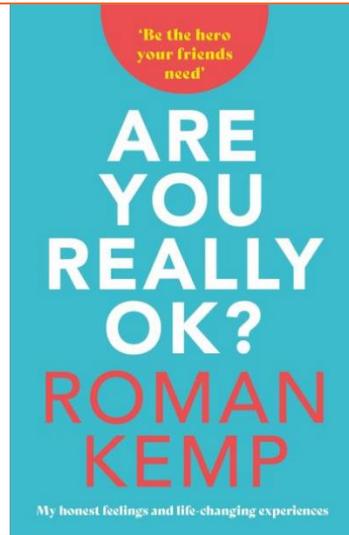
616.85445 HIB



*A Comprehensive Guide
to Suicidal Behaviours:
Working with Individuals
at Risk and their Families*

Aldridge, David

616.858445 ALD

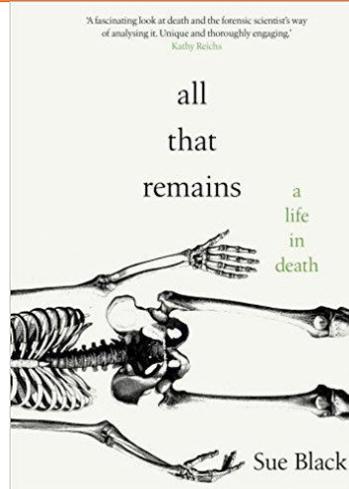


Are You Really Ok?

Kemp, Roman

616.89 KEM

Memoirs



All That Remains: A Life in Death

Black, Sue

363.25092 BLA

SARAH HUGHES

Holding Tight, Letting Go

MY LIFE, DEATH AND
ALL THE MADNESS
IN BETWEEN

*Holding Tight, Letting Go:
My Life, Death and All the
Madness in Between*

Hughes, Sarah

616.994 LIG

VANESSA MOORE

Sudden Loss Slow Grieving

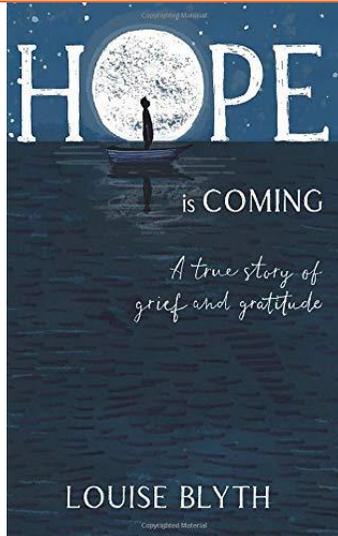


A Clinical Psychologist's Personal
Journey through Unexpected Loss

*Sudden Loss, Slow
Grieving: A clinical
psychologist's personal
journey through grief*

Moore, Vanessa

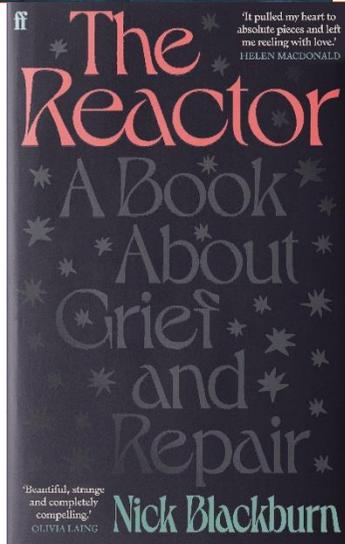
155.937 MOO



*Hope is Coming: A True
Story of Grief and
Gratitude*

Blyth, Louise

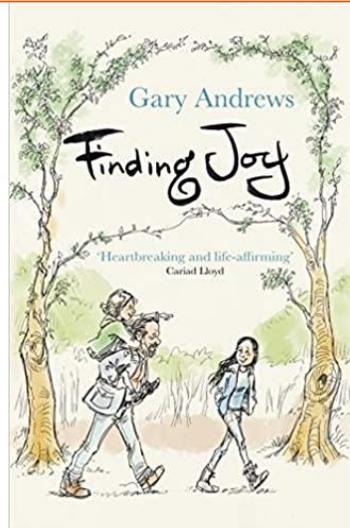
155.937 BLY



*The Reactor: A Book
About Grief and Repair*

Blackburn, Nick

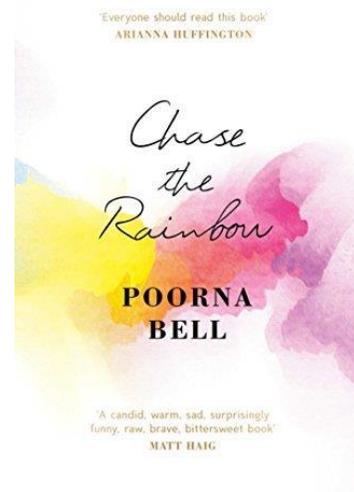
155.937 BLA



Finding Joy

Andrews, Gary

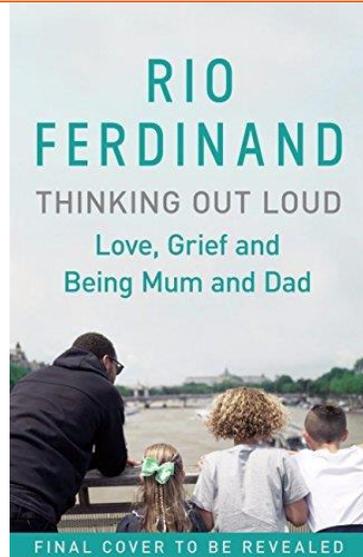
155.937 AND



Chase the Rainbow

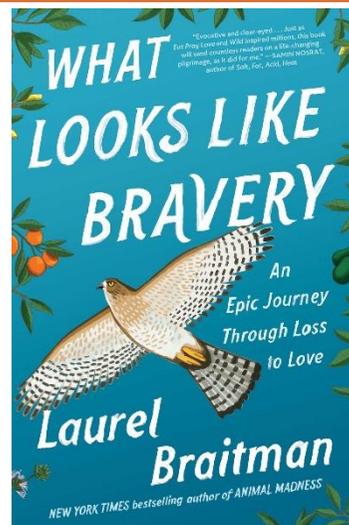
Bell, Poorna

362.28 BEL



Thinking Out Loud: Love, Grief and Being Mum and Dad, Ferdinand, Rio

155.9375 FER



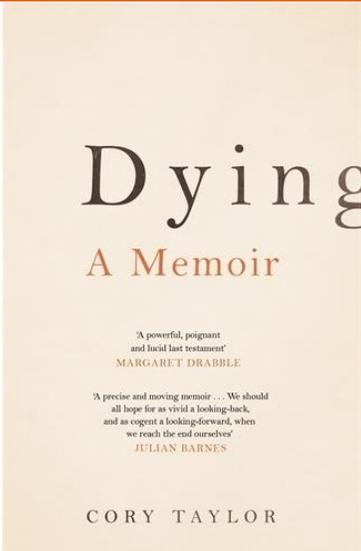
What Looks Like Bravery: An Epic Journey Through Loss to Love, Braitman, Laurel

155.937 BRA

Dying: A Memoir

Taylor, Cory

823.92 TAY



Dying
A Memoir

'A powerful, poignant
and lucid last testament'
MARGARET DRABBLE

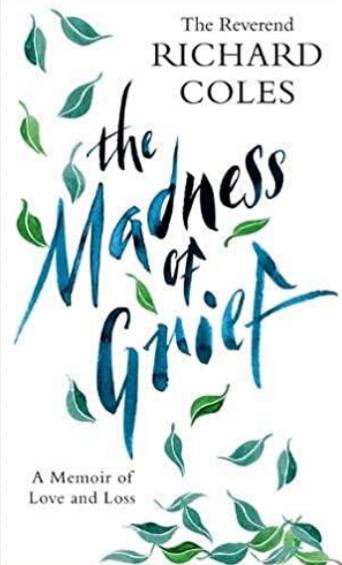
'A precise and moving memoir... We should
all hope for as vivid a looking-back,
and as cogent a looking-forward, when
we reach the end ourselves'
JULIAN BARNES

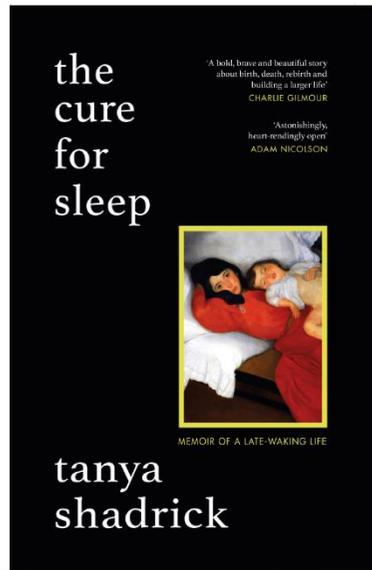
CORY TAYLOR

The Madness of Grief

Coles, Richard

155.937092

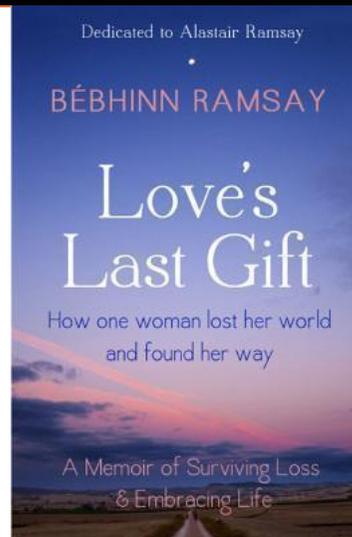




The Cure for Sleep

Shadrick, Tanya

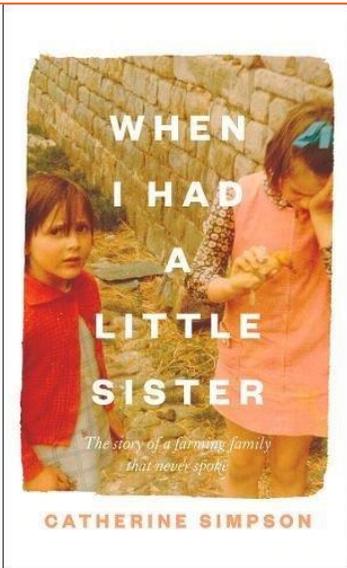
616.8498 SHA



Love's Last Gift

Ramsay, Bébhinn

155.937092 RAM



When I Had A Little Sister Simpson, Catherine

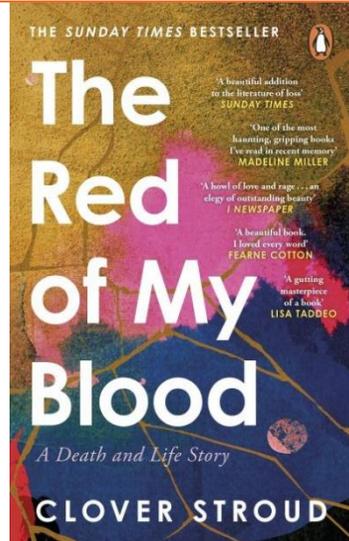
616.858445 SIM

Levels
of Life
Julian
Barnes

Levels of Life

Barnes, Julian

823.914 BAR



The Red of My Blood: A Death and Life Story

Stroud, Clover

155.93 STR

A Good Death



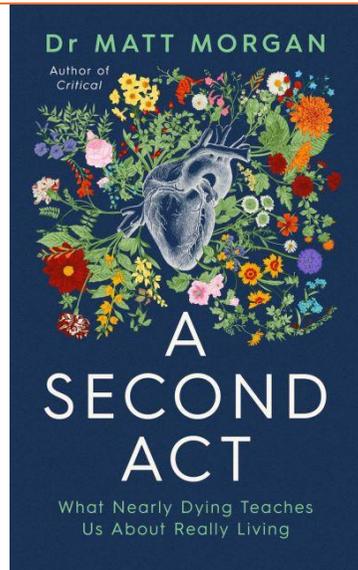
A compassionate and practical guide to prepare for the end of life

MARGARET RICE

A good death: a compassionate and practical guide to prepare for the end of life

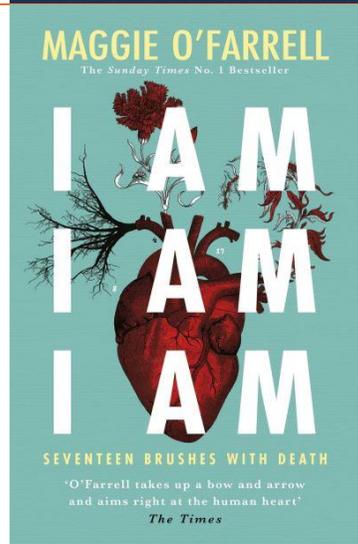
Rice, Margaret

155.937 RIC



A Second Act: What Nearly Dying Teaches Us About Really Living

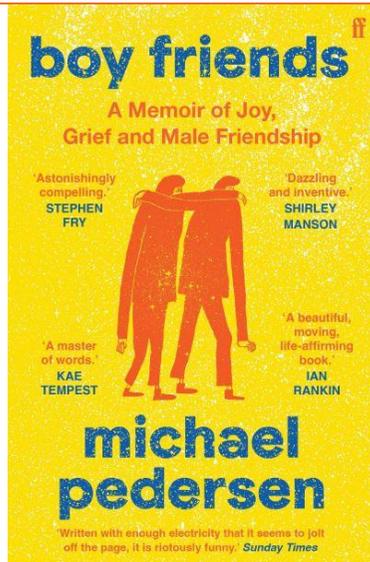
Morgan, Matt 158.1 MOR



I am, I am, I am: seventeen brushes with death

O'Farrell, Maggie

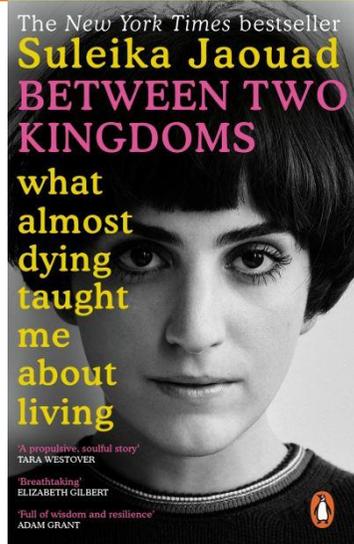
823.92 OFA



Boyfriends: a memoir of joy, grief and male friendship

Pedersen, Michael

821.92 PED

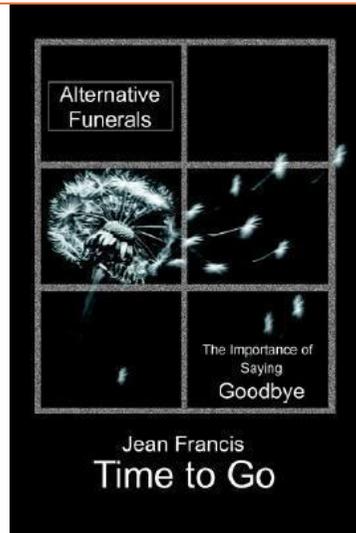


Between two kingdoms: what almost dying taught me about living

Jaouad, Suleika

616.994 JAO

Funerals and Memorialisation



Time to Go: Practical Celebrations for the Final Milestone

Alternative British Funerals

393.0941 FRA

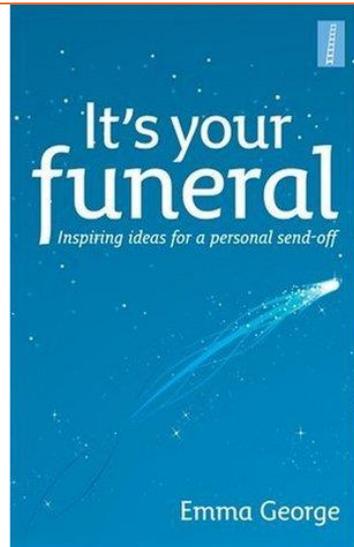
This Party's Dead



This Party's Dead: Grief, Joy and Spilled Rum at the World's Death Festivals

Buist, Erica

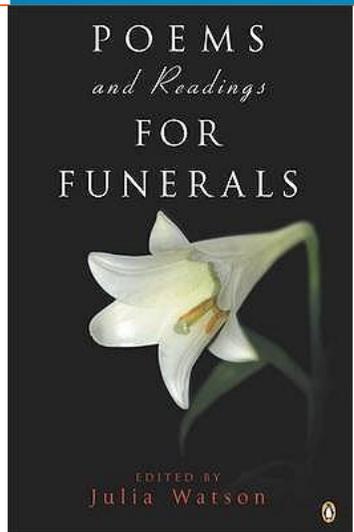
306.9 BUI



It's Your Funeral

George, Emma

393 GEO

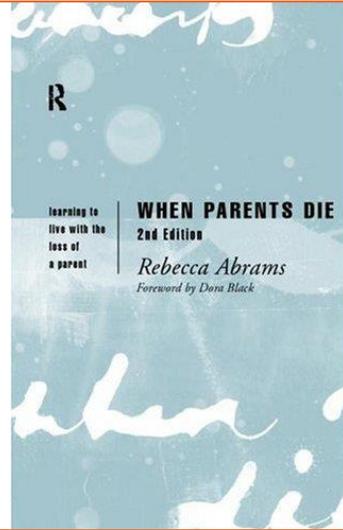


Poems and Readings for Funerals

Watson, Julia

808.81 POE

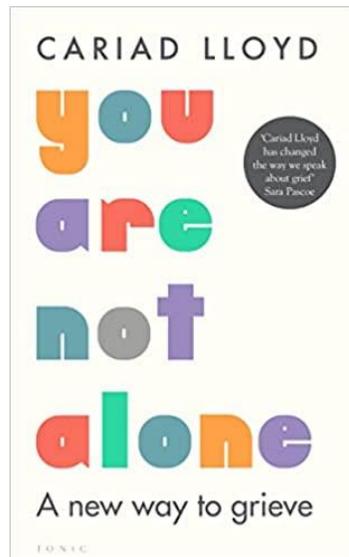
Self-Help and Grief



When Parents Die: learning to live with the loss of a parent

Abrams, Rebecca

155.937 ABR



You Are Not Alone: A New Way to Grieve

Lloyd, Cariad

155.937 LLO

Advice
for the
Dying*

A Practical
Perspective
on Death

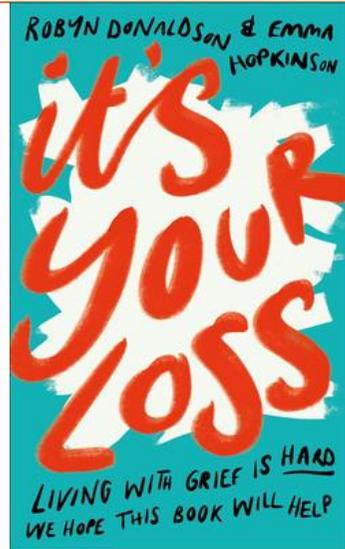
* And Those Who Love Them

Sallie Tisdale

*Advice for the Dying (and
Those Who Love Them):
A Practical Perspective
on Death*

Tisdale, Sallie

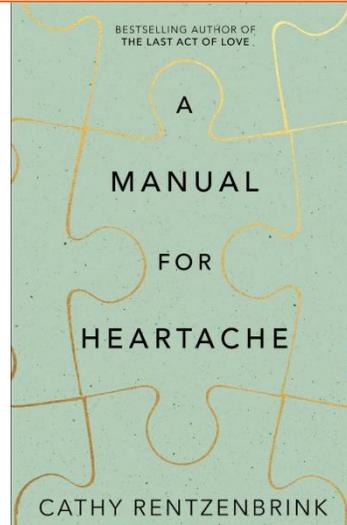
155.937 TIS



*It's Your Loss: Living with
Grief is Hard. We Hope
This Book Will Help*

Hopkinson, Emma

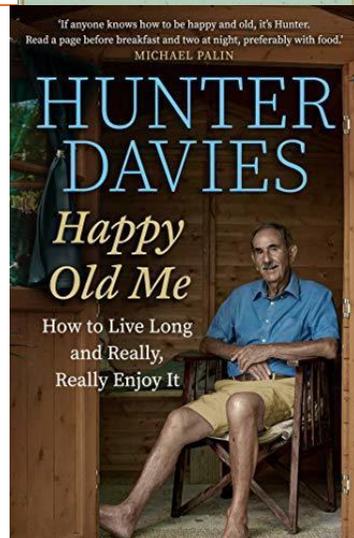
155.937 HOP



A Manual for Heartache

Rentzenbrink, Cathy

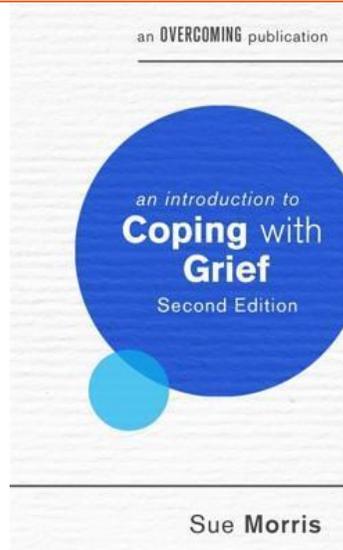
155.937 REN



Happy Old Me: How to Live a Long Life, and Really Enjoy It

Davies, Hunter

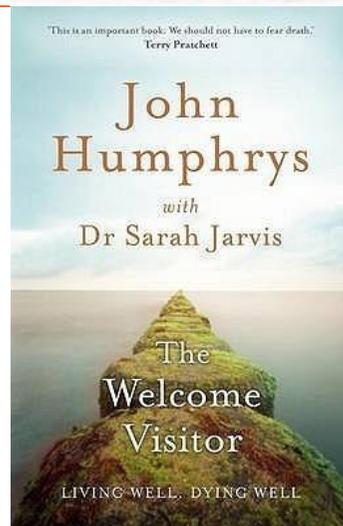
155.937 DAV



An Introduction to Coping with Grief, 2nd Edition

Morris, Sue

155.937 MOR



The Welcome Visitor

Humphreys, John

155.937 MAN

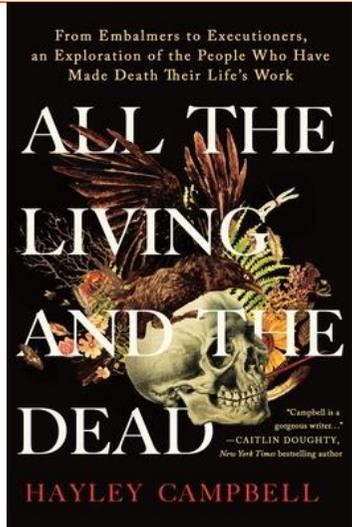


*So sorry for your loss:
How I learned to live with
grief, and other grave
concerns*

Gachman, Dina

155.937 GAC

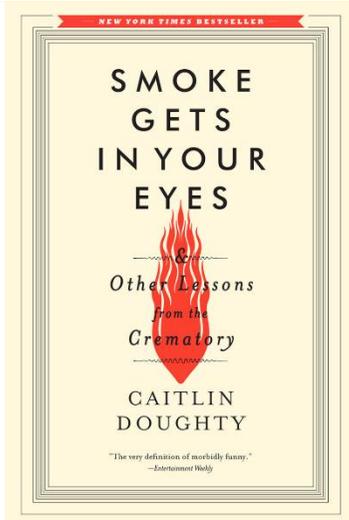
**Behind the
Scenes at the
Funeral
Directors**



*All the Living and the
Dead*

Campbell, Hayley

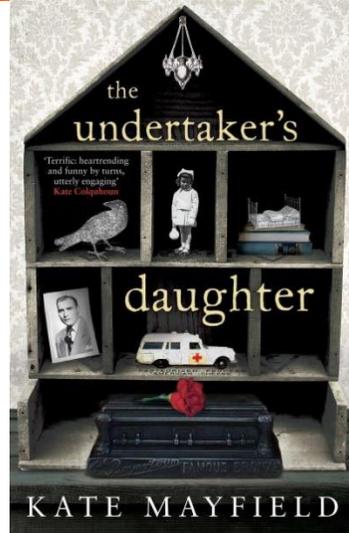
363.75 CAM



*Smoke Gets in Your Eyes
& Other Lessons from the
Crematory*

Doughty, Caitlin

393 DOU

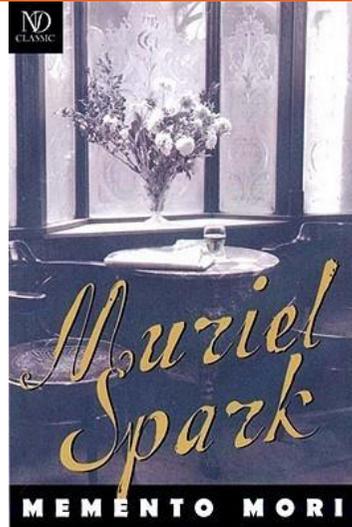


*The undertaker's
daughter*

Mayfield, Kate

393 MAY

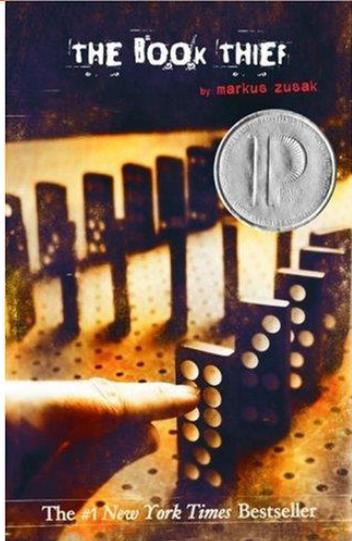
**Fiction about
Death**



Memento Mori

Spark, Muriel

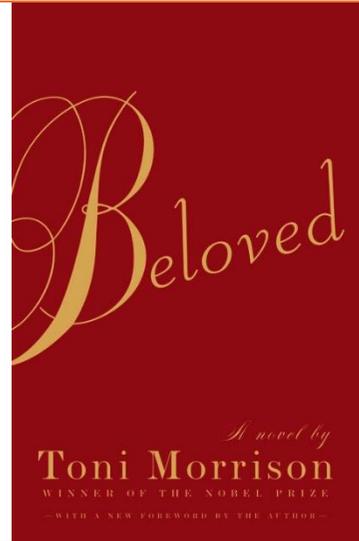
Fiction



The Book Thief

Zusak, Markus

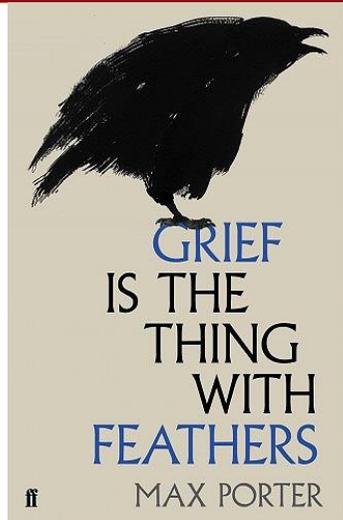
Fiction



Beloved

Morrison, Toni

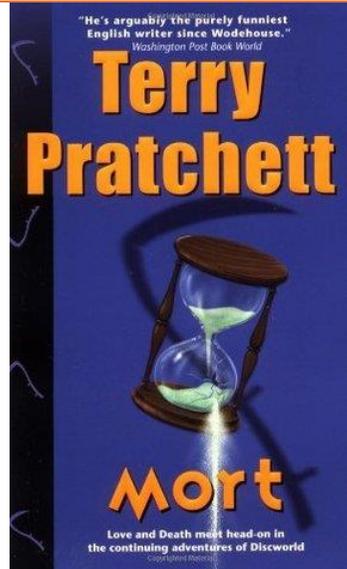
Fiction



Grief Is the Thing with Feathers

Porter, Max

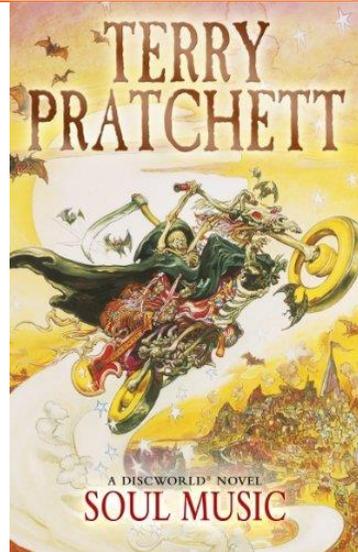
Fiction



Mort

Pratchett, Terry

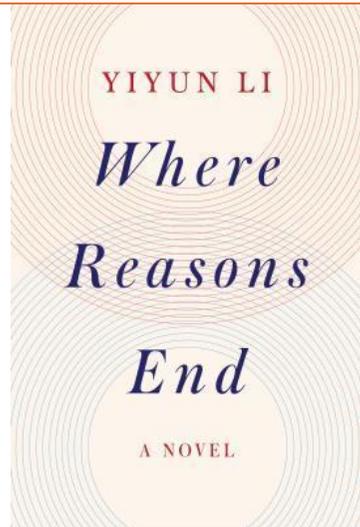
Fantasy



Soul Music

Pratchett, Terry

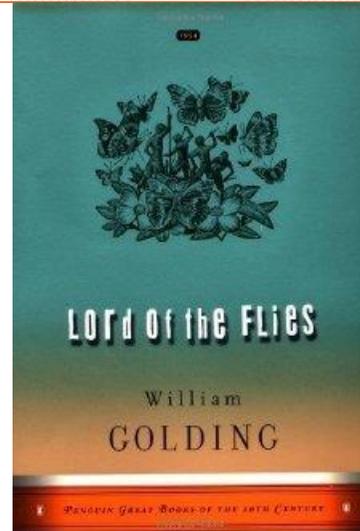
Fantasy



Where Reasons End

Li, Yiyun

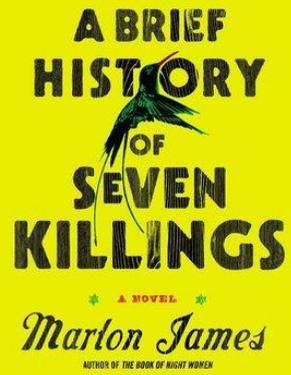
616.858445 LI



Lord of the Flies

Golding, William

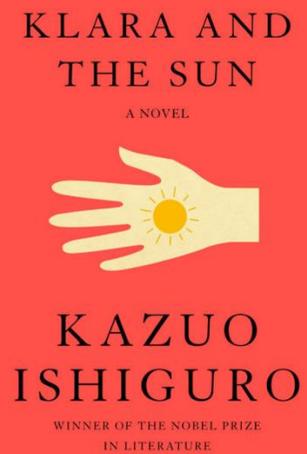
Fiction



A Brief History of Seven Killings

James, Marlon

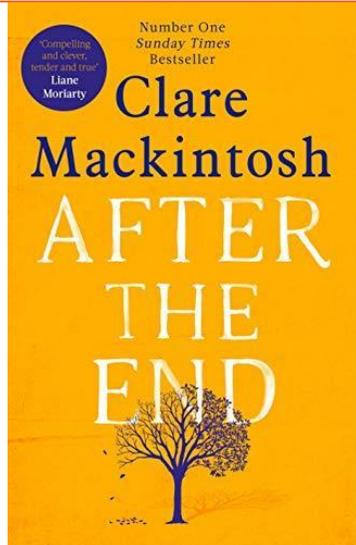
Fiction



Klara and the Sun

Ishiguro, Kazuo

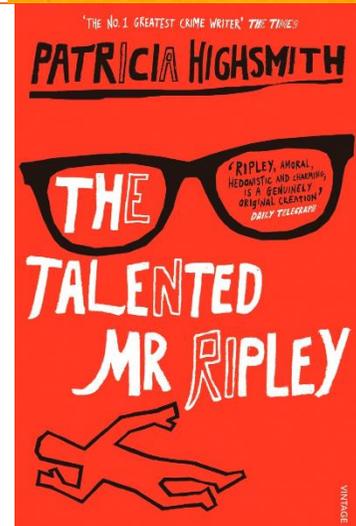
Fiction



After the End

Mackintosh, Clare

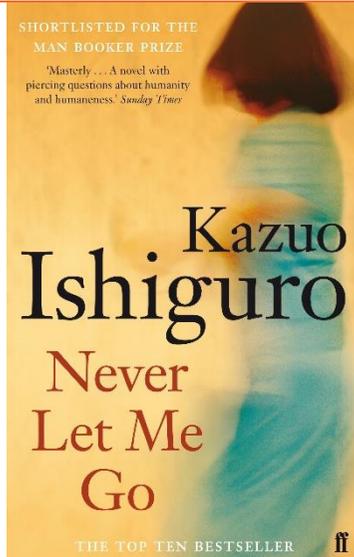
Fiction



The Talented Mr Ripley

Highsmith, Patricia

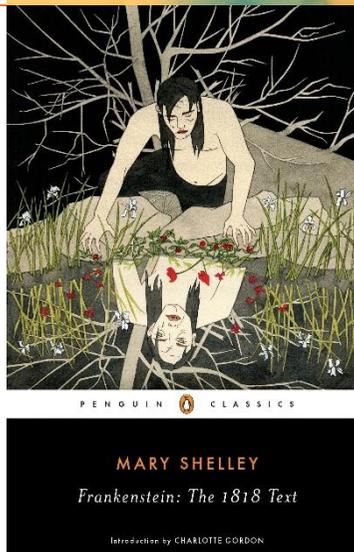
Crime



Never Let Me Go

Ishiguro, Kazuo

Fiction



Frankenstein

Shelley, Mary

Fiction



PENGUIN CLASSICS

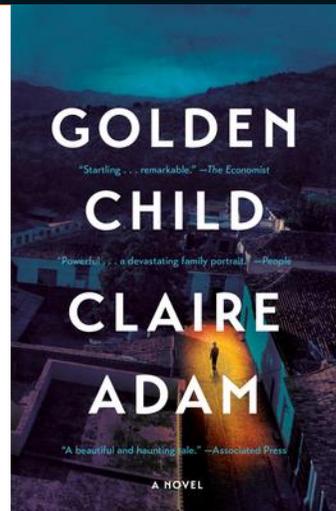
BRAM STOKER

DRACULA

Dracula

Stoker, Bram

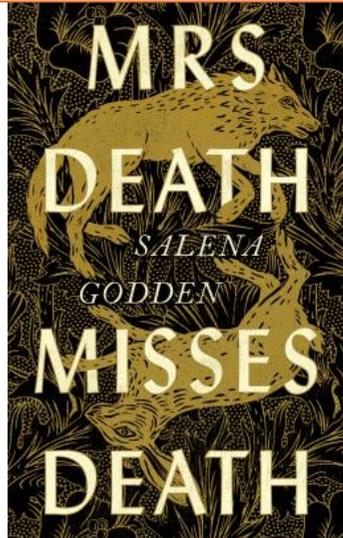
Fiction



Golden Child

Adam, Claire

Fiction

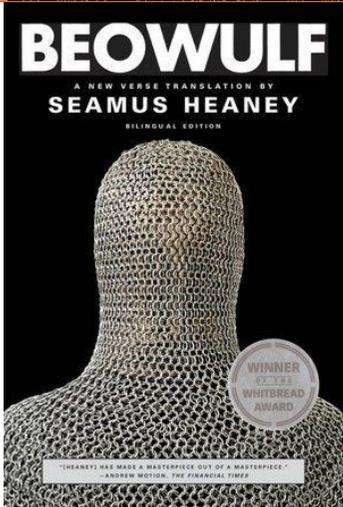


Mrs Death Misses Death

Godden, Salena

Fiction

**Classic
Literature**



Beowulf

Heaney, Seamus

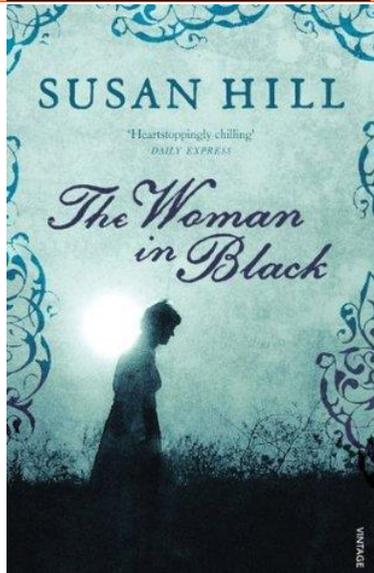
829.3 HEA



Wuthering Heights

Bronte, Emily

Fiction



The Woman in Black

Hill, Susan

Fiction