

# GRIEF AND LOSS READING LIST

## **Memoirs, novels, graphic novels, children's books and poetry anthologies**

*Prepared by Dr. Allan Peterkin, Member, Canadian Grief Alliance National Consultation Committee and Medical Director, CPD Narrative-based Medicine Lab*

As human beings, we all make meaning through storytelling. Stories draw us in, expand our world view, stretch our imaginations and lead us to explore complex feelings. Reading and sharing them can deepen a sense of empathy for ourselves and others. This list compiles some of the best literary works on loss, change, grief and healing.

## Memoirs

[Adichie, Chimamanda Ngozi. \*Notes on Grief.\*](#)

[Albom, Mitch. \*Tuesdays With Morrie.\*](#)

[Barthes, Roland. \*A Mourning Diary.\*](#)

[Bloom, Amy. \*In Love: A Memoir of Love and Loss.\*](#)

[Boivin, Lise. \*I Will See You Again\*](#)

[Boivin, Lisa. \*We Dream Medicine Dreams.\*](#)

[Bowler, Kate. \*Everything Happens For a Reason and Other Lies I've Loved.\*](#)

[Coutts, Marion. \*The Iceberg.\*](#)

[Crosley, Sloane. \*Grief Is For People.\*](#)

[Dann, Patty. \*The Goldfish Went on Vacation: A Memoir of Loss \(and Learning to Tell the Truth About It\)\*](#)

[Danticat, Edwidge. \*The Art of Death: Writing the Final Story.\*](#)

De Beauvoir, Simone. *A Very Easy Death*.

Didion, Joan. *The Year of Magical Thinking*.

Greene, Jayson. *Once More We Saw Stars*.

Hall, Donald. *The Best Day The Worst Day – Life with Jane Kenyon*.

Kalanithi, Paul. *When Breath Becomes Air*.

Krosoczka, Jarret J. *Hey, Kiddo: How I Lost My Mother, Found My Father, and Dealt with Family Addiction*.

Lewis, C.S. *Grief Observed*.

Lin, Amy. *Here After*.

MacDonald, Helen. *H is for Hawk*.

McCracken, Elizabeth. *An Exact Replica of a Figment of My Imagination*.

O'Rourke, Meghan. *The Long Goodbye*.

O'Siadhail, Michael. *One Crimson Thread*.

Oates, Joyce Carol. *A Widow's Story*.

Purmont, Nora McInerney. *It's Okay to Laugh*.

Radziwill, Carole. *What Remains*.

Rapp, Emily. *The Still Point of the Turning World*.

Riggs, Nina. *The Bright Hour*.

Roth, Philip. *Patrimony*.

Schulz, Kathryn. *Lost & Found: A Memoir*.

Schwalbe, Will. *The End of Your Life Book Club*.

Strauss, Darin. *Half a Life*.

Streetan, Nicola. *Billy, Me & You: A Memoir of Grief and Recovery*.

Zauner, Michelle. *Crying in H Mart: A Memoir*.

## Novels

Ahern, Cecelia. *PS, I Love You*.

Banks, Russel. *Sweet Hereafter*.

Eggers, Dave. *A Heartbreaking Work of Staggering Genius*.

Faulkner, William. *As I Lay Dying*.

Genova, Lisa. *Still Alice*.

George, Jessive. *Maame*.

Goldman, Francisco. *Say Her Name*.

Gordon, Mary. *Final Payments*.

Guest, Judith. *Ordinary People*.

Gyasi, Yaa. *Transcendent Kingdom*.

Kim, Angie. *Happiness Falls*.

Lockwood, Patricia. *No One is Talking About This*.

Maxwell, William. *They Came Like Swallows*.

McCarthy, Cormac. *The Passenger/Stella Maris*.

McCracken, Elizabeth. *An Exact Replica of a Figment of My Imagination*.

Murakami, Haruki. *Norwegian Wood*.

Ng, Celeste. *Everything I Never Told You*.

Nunez, Sigrid. *The Friend*.

Newman, Catherine. *We All Want Impossible Things*.

O'Brien, Kate. *The Land of Spices*.

O'Farrell, Maggie. *Hamnet*.

Obreht, Téa. *Inland*.

Ozeki, Ruth. *The Book of Form and Emptiness*.

Porter, Max. *Grief Is A Thing With Feathers*.

Quindlen, Anna. *One True Thing*.

Russel, Karen. *Swamplandia!*

Saunders, George. *Lincoln in the Bardo*.

Smith, Claire Bidwell. *The Rules of Inheritance*.

Taddeo, Lisa. *Animal*.

Toews, Miriam. *A Complicated Kindness*.

Tolstoy, Leo. *The Death of Ivan Ilyich*.

Turgenev, Ivan. *First Love*.

Tyler, Anne. *The Beginner's Goodbye*.

Young, Ocean. *On Earth We're Briefly Gorgeous.*

Williams, Niall. *Only Say The Word.*

Yanagihara, Hanna. *A Little Life.*

Zevin, Gabrielle. *Tomorrow, and Tomorrow, and Tomorrow.*

## Graphic Novels

Andrews, Gary. *Finding Joy.*

Chast, Roz. *Can't We Talk About Something More Pleasant.*

Czerweic, MK. *Taking Turns.*

Feder, Tyler. *Dancing At The Pity Party.*

Hart, Tom. *Rosalie Lightning.*

Leavitt, Sarah. *Tangles: A Story about Alzheimer's, My Mother, and Me.*

Louis, Rick. *Ronan and the Endless Sea of Stars.*

Moss, Marissa. *Last Things.*

Streetan, Nicola. *Billy, Me, and You.*

## Children's Books

Benjamin, Ali. *The Thing about Jellyfish*.

Brown, Laurie Krasny and Marc Brown. *When Dinosaurs Die*.

Buscaglia, Leo. *The Fall of Freddie the Leaf*.

Donaldson, Julia. *The Paper Dolls*.

Dungo, AJ. *In Waves*.

Gliori, Debi. *No Matter What*.

Hhrab, Naseem. *The Sour Cherry Tree*.

Holmes, Margaret. *A Terrible Thing Happened*.

Hopkins, Suzy. *What To Do When I'm Gone*.

Jeffers, Oliver. *The Heart and the Bottle*.

Karst, Patrice. *The Invisible String*.

Keane, Dave. *The Treasure Box*.

Madhavi, Azam. *Empty and Me*.

Papageorge, Tiffany. *My Yellow Balloon*.

Parr, Todd. *The Goodbye Book*.

Rosen, Michael. *Michael Rosen's Sad Book*.

Thomas, Pat. *I Miss You: A First Look at Death*.

Tillman, Nancy. *Wherever You Are, Mt Love Will Find You*.

Walsh, Melanie. *Goodbye Grandma*.

## Poetry (Anthologies)

Brehm, John. *The Poetry of Grief, Gratitude and Reverence.*

Hirsch, Edward. *100 Poems to Break Your Heart.*

Motion, Andrew and Stephen Regan. *The Penguin Book of Elegy: Poems of Memory, Mourning and Consolation.*

Watson, Julia. *Poems and Readings for Funerals.*

Yang, Jeffery. *Time of Grief: Mourning Poems.*

Young, Kevin. *The Art of Losing – Poems of Grief and Healing.*