

Fernside Favorites

Book List

We have compiled a short list of our favorite grief-related books for all ages, including adults. Many of these books are available to borrow from our Resource Library. Please contact us if you would like to check out a book.

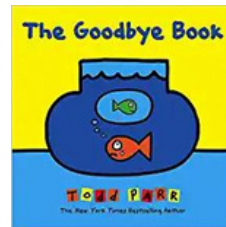


Grief is an Elephant

Tamara Ellis Smith

Story comparing grief to an elephant that slowly becomes easier to live with over time.

All Ages



The Goodbye Book

Todd Parr

A simple, comforting exploration of death and big feelings.

0-3

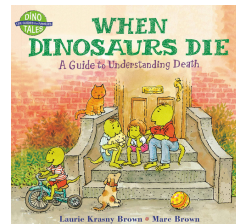


Why do things die?

Katie Daynes

A simple, warm introduction to help kids understand death.

0-3

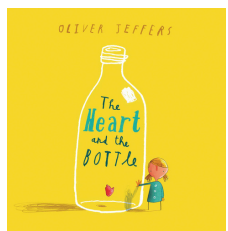


When Dinosaurs Die

Marc Brown

Explains death and grief through kid-friendly illustrations and language.

4-1



The Heart and the Bottle

Oliver Jeffers

Closed off feelings after death and the courage to open up.

4-10

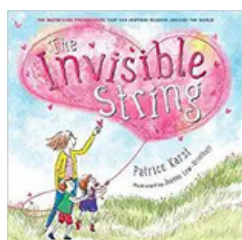


Charlotte and the Quiet Place

Deborah Sosin

Finding calm when emotions feel overwhelming.

4-10

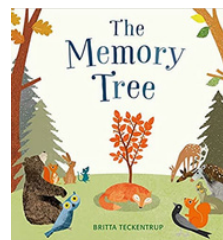


The Invisible String

Patrice Karst

A comforting reminder that love keeps people connected even when they are apart.

4-10



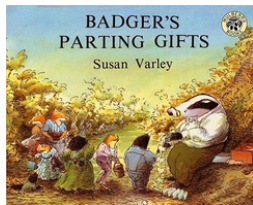
The Memory Tree

Britta Teckentrup

A warm, reflective story showing how memories help keep a loved one alive in our hearts.

4-10

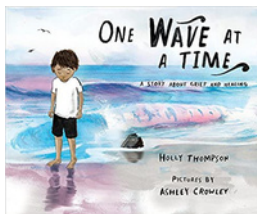
Book List *continued...*



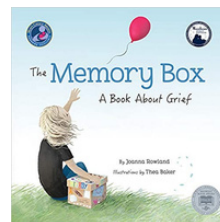
Badger's Parting Gifts
Susan Varley
Animals fondly remember Badger's teachings, discovering healing through shared memories.
4-10



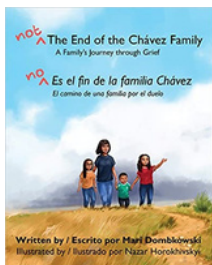
Why Do I Feel So Sad?
Tracy Lambert
A clear explanation of the emotions of grief, written to help kids understand their feelings.
4-10



One Wave at a Time
Holly Thompson
A boy learns to ride the "waves" of grief after his dad dies.
4-10



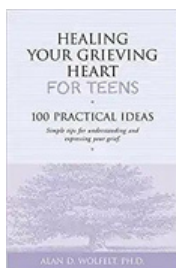
The Memory Box
Joanna Rowland
A child creates a memory box to help hold onto memories about someone who died.
4-10



Not the End of the Chavez Family
Mari Dombkowski
A family learns to stay connected and strong after a death.
4-10



The Stars Beneath Our Feet
David Barclay Moore
A grieving boy finds healing and hope through creativity and community.
11-18



Healing Your Grieving Heart For Teens
Alan Wolfelt
Practical tips to help teens cope with a death.
11-18



The Secret Hum of A Daisy
Tracy Holczer
A girl uncovers family secrets and her own path to healing after her mother dies.
11-18



If Only
Carole Geithner
A teen struggles with guilt, friendship, and grief after a death of someone close.
11-18



When A Friend Dies
Marilyn E. Gootman
A supportive guide for teens dealing with the death of a friend.
11-18

Book List *continued...*

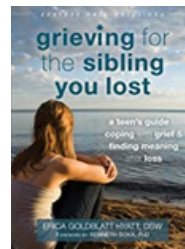


The Grieving Teen

Helen Fitzgerald

A compassionate resource helping teens navigate the many emotions of grief.

11-18

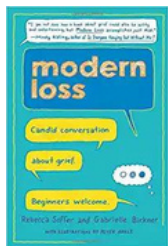


Grieving For The Sibling You Lost

Erica Goldblatt Hyatt

A guide specifically for teens coping with the loss of a brother or sister.

11-18

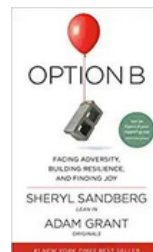


Modern Loss

Rebecca Soffer

Real stories and honest conversations offering modern perspectives on grief.

Adults



Option B

Sheryl Sandberg & Adam Grant

A look at building resilience and finding strength after life's hardest setbacks.

Adults

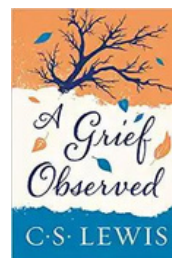


It's OK That You're NOT OK

Megan Devine

A validating message that grief isn't something to fix but something to honor.

Adults

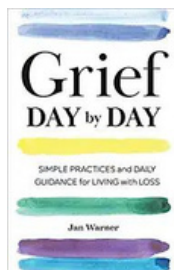


A Grief Observed

C.S. Lewis

C.S. Lewis's deeply personal reflections after the death of his wife.

Adults

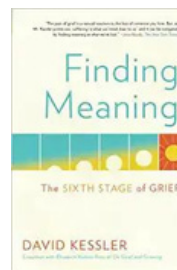


Grief Day by Day

Jan Warner

Daily reflections and activities to support ongoing healing.

Adults

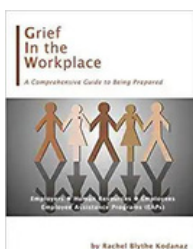


Finding Meaning: The Sixth Stage of Grief

David Kessler

An exploration of how people can find meaning after death.

Adults

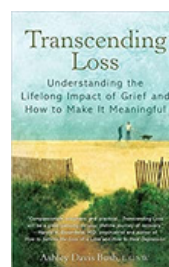


Grief In the Workplace

Rachel Blythe Kodanaz

Practical guidance for navigating grief in professional environments.

Adults



Transcending Loss

Ashley Davis Bush

A thoughtful look at how to integrate loss into life while moving forward.

Adults