Books Available from the C.E. Bray Library on Death and Dealing with Grief and Loss

Title: Chicken soup for the teenage soul: 101 stories of life, love, and learning
Call Number: 158.1 CHI
Summary: A collection of essays that offer inspiration to teens, providing lessons on relationships, friendship, family, love and kindness, learning, death, success, courage, and determination.

Title: Chicken soup for the teenage soul II: 101 more stories of life, love, and learning
Call Number: 158.1 CHI
Summary: A collection of essays that offer inspiration to teens, providing lessons on relationships, friendship, family, love and kindness, learning, death, success, courage, and determination.

Title: Coping when a parent dies
Call Number: 155.9 GRO
Summary: Teens learn how to deal with the loss of a parent, and the author helps them cope with their grief.

Title: Coping with grief
Call Number: 155.9 BUC
Summary: Discusses how to deal with different types of grief, in such situations as death, suicide, romantic break-up, and pregnancy.

Title: Coping with grieving and loss
Call Number: 155.9 GID
Summary: This book explains the stages of grieving and how to cope with loss and death, including where to go for help.

Title: Facing change: falling apart and coming together again in the teen years, a book about loss and change for teens.
Call Number: 152.4 WIN
Summary: A book to help young adults understand the emotional, social, physical, cognitive and spiritual impact of loss and change.

Title: Help for the hard times: getting through loss.
Call Number: 155.9 HIP
Summary: A guide to understanding loss for young people, providing information about the process of getting through loss; discussing the normal feelings, thoughts, and behaviors associated with grief and healing; and including comments from others who have suffered losses.
Title: Straight talk about death for teenagers: how to cope with losing someone you love  
Call Number: 155.9 GRO  
Summary: Suggests ways to deal with the grief and other emotions felt after the death of a loved one and to discover how to go on living.

Title: When a friend dies: a book for teens about grieving & healing  
Call Number: 155.9 GOO  
Summary: Answers common questions about grief and bereavement, offers advice on handling one's feelings, and suggests sources of help.

Title: When will I stop hurting?: teens, loss, and grief  
Call Number: 155.9 MYE  
Summary: Presents first-hand accounts from teens who have experienced the loss of a loved one, explains the grief process and the emotions involved, discusses types of loss and their consequences, and offers suggestions for handling bereavement.