Suggested Reading for Grieving Teens

Facing Change – Falling Apart And Coming Together Again In The Teen Years
By: Donna O’Toole
Discusses all teen loss in addition to death.

Fire In My Heart, Ice In My Veins
By: Enid Traisman
A journal for teenagers.

Flowers For The Ones You’ve Known
By: Centering Corporation
Letters, drawings and poems by grieving teens.

Healing Your Grieving Heart For Teens
By: Alan D. Wolfelt, PH.D.
Simple tips for understanding and expressing your grief.

How It Feels When a Parent Dies
By: Jill Kremenetz
Poignant testimonies written by children and teenagers about their experiences with death and how they’ve learned to cope with their pain.

Straight Talk About Death For Teenagers – How To Cope With Losing Someone You Love.
By: Earl Grollman
A straightforward book discussing teenage grief.

WeiRd is Normal
By: Jenny Lee Wheeler
A book for adolescents written by one.

When A Friend Dies
By: Marilyn Gootman
This book guides and validates teens with gentle wisdom and advice.

When Death Walks In
By: Mark Scrivani
Discuss ways of facing grief during the teen years.

When Nothing Matters Anymore
By Bev Cobain
A survival guide for depressed teens.

All books listed above along with many others can be found in KinderMourn’s lending library. We hope you find support and comfort from these materials and we encourage you, your family and friends to utilize this resource.