

For Youth and Families

Books About Grief - Available from Bennington Free Library

Prepared as part of Picturing Grief Workshops hosted in collaboration with

VNA & Hospice of the Southwest Region, 6 p.m. November 15 & 2 p.m. December 13, 2023 (at library)

Need help finding a book? Call 802-442-9051 or visit benningtonfreelibrary.org

Picture Books:

Bear Island by Matthew Cordell. Call Number: PB COR (Children's Room)

A young girl and her family mourn the loss of their dog.

The Boy and the Gorilla by Jackie Azua Kramer. Call Number: PB KRA (Children's Room). Depicts a tender relationship between a young boy mourning his mother and an imaginary gorilla who helps him talk to his father.

Ida, Always by Caron Levis and Charles Santoso. Call Number: P&C LEV (Children's Room). A polar bear grieves over the loss of his companion, based on the real-life Gus and Ida of New York's Central Park Zoo.

The Invisible String by Patrice Karst. Call Number: PB KAR (Children's Room). When Liza and Jeremy run to their mother during a scary storm, she comforts them by telling them about the Invisible String, which connects people who love each other no matter where they are and means that they are never alone.

A Last Goodbye by Elin Kelsey. Call Number: PB KEL (Children's Room). Shares the many ways animals mark the death of their own--while celebrating the impact we all make on those we love.

A Stopwatch from Grampa by Loretta Garbutt and Carmen Mok. Call Number: PB GAR (Children's Room)
At first, the stopwatch a grandchild inherits is a painful reminder of Grampa, but in the time, the grandchild finds a special way to honor Grampa and carry forward his traditions.

For Middle Grades (4th to 8th):

Another Kind of Hurricane by Tamara Ellis Smith. Call Number: J-FIC SMI (Children's Room)

The world, itself, seems to bring together Henry, whose best friend died near their home in the mountains of Vermont, and Zavion, who lost his home in Hurricane Katrina, so that the boys can help each other heal.

Bridge to Terabithia by Katherine Patterson. Call Numbers: LARGE PRINT J-FIC PAT, J-FIC PAT (Children's Room). The life of a ten-year-old boy in rural Virginia expands when he becomes friends with a newcomer who subsequently meets an untimely death trying to reach their hideaway, Terabithia, during a storm.

The Thing About Jellyfish by Ali Benjamin. Call Number: M-FIC BEN (Children's Room)

Twelve-year-old Suzy Swanson wades through her intense grief over the loss of her best friend by investigating the rare jellyfish she is convinced was responsible for her friend's death.

Will My Cat Eat My Eyeballs?: Big Questions from Tiny Mortals About Death by Caitlin Doughty.

Call Number: J 306.9 DOU (Children's Room). Best-selling author and licensed mortician Caitlin Doughty answers real questions from kids about death, dead bodies, and decomposition.

For Young Adults and Adults:

Healing Your Grieving Heart for Teens: 100 Practical Ideas by Alan D. Wolfelt. Call Number: 155.9 WOL (Second Floor). "Simple tips for understanding and expressing your grief."

The Meaning of Birds by Jaye Robin Brown. Call Number: YA BRO (Young Adult)

An evocative story of the thrills of first love and the anguish of first loss.

For Adults - Books About Grief - Available from Bennington Free Library

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The Book of Joy: Lasting Happiness in a Changing World by Tutu, Desmond; Dalai Lama & others.
CD 294.3 BST (Quiet Room). Ask library staff to help you borrow this book from the Catamount Library Network.
Two leading spiritual masters share personal stories and teachings about the science of profound happiness and the daily practices that anchor their emotional and spiritual lives.

Can't We Talk About Something More Pleasant?: A Memoir by Roz Chast. Ask library staff to help you borrow this book from the Catamount Library Network. *New Yorker* cartoonist Roz Chast offers a memoir through cartoons that is at turns humorous and tear-jerking about the decline and deaths of her parents.

Going Home: Finding Peace When Pets Die by Jon Katz. Call Number: 155.9 KAT (Second Floor).
Addresses the difficult but necessary topic of saying goodbye to a devoted companion.

It's Ok That You're Not Ok: Meeting Grief and Loss in a Culture That Doesn't Understand by Megan Devine.
Ask library staff to help you borrow this book from the Catamount Library Network. Therapist Devine helps break down the reality of loss, explains why grief is a "natural, normal process rather than something to be shunned."

Modern Loss: Candid Conversation About Grief: Beginners Welcome by Rebecca Soffer and Gabrielle Birkner.
Ask library staff to help you borrow this book from the Catamount Library Network.
This book is an offshoot of the popular online community Modern Loss.

On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss by Elisabeth Kubler-Ross and David Kessler. Call Number: 155.9 KUB (Second Floor). Applies the five stages of grief to the process of grieving and weaves together theory, inspiration, and practical advice.

Once More We Saw Stars: A Memoir by Jayson Greene. Call Number: BIO Greene Jayson (Basement)
A father's memoir of losing his two-year-old daughter after a freak accident.

Option B: Facing Adversity, Building Resilience, and Finding Joy by Sheryl Sandberg and Adam Grant.
Call Number: 155.9 SAN (Second Floor). Combines personal insights with eye-opening research on finding strength in the face of adversity.

The Orphaned Adult: Understanding and Coping with Grief and Change After the Death of Our Parents by Alexander Levy. Call Number: 155.9 LEV (Second Floor). A guide to understanding and coping with grief and all of the disorienting emotions that accompany the death of our parents.

The Seven T's: Finding Hope and Healing in the Wake of Tragedy by Judy Collins. Call Number: 155.9 COL (Second Floor) Drawing on her experience of losing her son to suicide Collins presents seven steps toward healing.

So Sorry for Your Loss: How I Learned to Live with Grief, and Other Grave Concerns by Dina Gachman. Call Number 155.937 GAC (First Floor). Author and journalist Gachman shares how her experience with two devastating losses inspired her to bring comfort and understanding to others.

This Thing Called Grief: New Understandings of Loss by Thomas M. Ellis. Call Number: 155.9 ELL (Second Floor) A brief, hopeful and healing collection of stories of loss and tools that can help transform grief.

A Widow's Story: A Memoir by Joyce Carol Oates. Call Number: BIO Oates Joyce Carol. (Basement)
One woman's struggle to comprehend a life without the partnership that had sustained her for nearly half a century.

The Year of Magical Thinking by Joan Didion. Call Numbers: BIO Didion Joan (Basement), CD BIO Didion Joan (Quiet Room). Joan Didion explores an intensely personal yet universal experience: a portrait of a marriage--and a life, in good times and bad--that will speak to anyone who has ever loved a husband or wife or child.