

Books about bereavement, funerals & grief

Recommendations to the NAFD

The NAFD is often advised of books, written about bereavement and grief, that people have found to be useful. In this guide are some of the books recommended to us recently. Many of these books are recommended by respected bereavement charities such as Cruse and Winston's Wish, however some are simply books that readers have found helpful and wanted to pass on for the benefit of others. If you have read a book about bereavement or grief that you have found useful please recommend it to us by emailing info@nafd.org.uk or tweeting a link to us (@nafd_uk).

Books for adults

- Life After You by Lucie Brownlee
- Comfort for the Grieving Soul by Carolyn Jane Neill
- Talking about Dying: Help in Facing Death and Dying by Dr Philip Giddings, Rev. Martin Down, Dr Elaine Sugden and Dr Gareth Tuckwell
- Me, My Grief and I: LIFE GOES ON by Mark Alexander
- 'You'll Get Over It': The Rage of Bereavement by Virginia Ironside
- A Grief Observed by C.S. Lewis
- Losing a parent by Fiona Marshall
- When Bad Things Happen in Good Bikinis: Life After Death and a Dog Called Boris by Helen Bailey
- Healing Grief: A positive, self-help approach to loss, grieving and bereavement by Barbara Ward
- The Courage to Grieve: by Judy Tatelbaum
- The Early Days of Grieving by Derek Nuttal
- Through Grief by Elizabeth Collick

Books for younger children

- Is Daddy Coming Home in a Minute? By Elke Barber
- Badger's Parting Gifts by Susan Varley
- Tell Me About Heaven, Grandpa Rabbit! by Jenny Album
- Water Bugs and Dragonflies: Explaining Death to Young Children by Doris Stickney
- Muddles, Puddles and Sunshine: Your Activity Book to Help When Someone Has Died, by Diana Crossley

Books for older children

- The Sad Book by Michael Rosen
- The Grieving Teen: by Helen Fitzgerald
- When a Friend Dies: A book for Teens about grieving and healing by Marilyn E Gotman
- Teacher's Dead by Benjamin Zephaniah
- The Death and Life of Charlie St Cloud by Ben Sherwood
- The Wish List by Eoin Colfer
- On Eagles Wings by Sue Mayfield
- Up on Cloud Nine by Anne Fine



About the NAFD

For more than 110 years the National Association of Funeral Directors (NAFD) has upheld standards and championed the needs of bereaved families across the United Kingdom and the funeral directors that care for them. Established in 1905, the National Association of Funeral Directors represents 4,000 UK funeral homes nationwide which, between them, organise about 80% of all funerals held in the UK each year

For further information: Please visit www.nafd.org.uk, email info@nafd.org.uk or call 0121 711 1343. You can also tweet us @nafd_uk.

