

Resources for Grief and Bereavement



Books

It's Okay Not to be Okay by Megan Devine

Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy.

The Year of Magical Thinking by Joan Didion

Didion's memoir that recounts her experience of grief and emotional turmoil she faced following the sudden death of her husband, while their daughter was also critically ill.

Resilient Grieving: How To Find Your Way Through Devastating Loss by Lucy Hone, PhD

Dr. Hone offers an empowering alternative to the five-stage model of grief and makes clear our inherent capacity for growth following traumatic loss.

Podcasts

What's Your Grief?: Mental health professionals Eleanor Haley and Litsa Williams, provide grief resources, personal stories, and coping skills.

All There Is with Anderson Cooper:

Cooper shares his exploration of grief in all its complexities through moving and honest discussions with others who've experienced life-altering losses.

How Grieving Changes the Brain: Mary-Frances O'Connor, PhD, discusses how neuroscience can help us to better understand grief and resilience after loss.

Keep In Mind . . .

- ✓ Everyone grieves differently.
- ✓ Grief is not time-bound or linear.
- ✓ Healing happens together. Lean on those around you.

Mental Health Care

You're not alone. The Perfect Therapy Group has warm, empathic therapists who can support you in this process.

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