



## Mental Health Resources

### Selected Recommended Books on Death, Grief, Trauma, Post Traumatic Stress Disorder, Survivor Guilt: For Adults September 12, 2001

Written by Kathleen A. Moeller, MLS, AHIP, Manager, Library and CME Services, Overlook Hospital, Summit, N.J. [kathy.moeller@ahsys.org](mailto:kathy.moeller@ahsys.org).

There are thousands upon thousands of books and resources on this topic. This selected list represents a handful of proven resources helpful to adults and counseling services. You may find these titles for loan from your local public library or purchase from a bookstore. Please also check with local family counseling services and other social services for additional resources.

Ms. Moeller is a distinguished member of the Academy of Health Information Professionals, Medical Library Association, (MLA) and one of the first medical librarians to obtain a Consumer Health Certification from MLA.

1. Allen, John G. **"Coping with Trauma"** American Psychiatric Press 1999. ISBN 0880489960, \$26.00
2. Bozarth, Alla Renee. **"Life Is Goodbye, Life Is Hello: Grieving Through All Kinds Of Loss"** Hazelden 1994. ISBN 1568380577, \$16.00
3. James, John W. **"The Grief Recovery Handbook: The Action Handbook For Moving Beyond Death, Divorce, And Other Losses"** Harper Collins 1998. ISBN 0060952733, \$13.00
4. Lewis, Richard. **"How To Recover From Grief"** Judson Press 1996. ISBN 0817012370, \$16.00
5. Matsakis, Aphrodite. **"I Can't Get Over It: a Handbook for Trauma Survivors"** New Harbinger 1996. ISBN 157224058X, \$16.95
6. Matsakis, Aphrodite. **"Survivor Guilt"** New Harbinger 1999. ISBN 1572241403, \$26.00

7. Noel, Brook. **"I Wasn't Ready To Say Goodbye: Surviving, Coping And Healing After The Sudden Death Of A Loved One"** Champion Press 2000. ISBN 1891400274, \$14.95
8. Prend, Ashley Davis. **"Transcending Loss: Understanding The Impact Of Grief And How To Make It Meaningful"** Berkley 1997. ISBN 042515775X, \$13.95
9. Schiraldi, Glenn R. **"The Post-Traumatic Stress Disorder Sourcebook"** McGraw-Hill 1999. ISBN 0737302658, \$18.95
10. Walton, Charlie. **"When There Are No Words: Finding Your Way To Cope With Loss And Grief"** Pathfinder 1996. ISBN 0934793573, \$9.95
11. Welshons, John E. **"Awakening From Grief: Finding The Road Back To Joy"** Open Heart Publications 1999. ISBN 198732577, \$14.95
12. Zunin, Leonard. **"The Art Of Condolence: What To Write, What To Say, What To Do At A Time Of Loss"** Harper Collins 1992. ISBN 0060921668, \$13.50