**Readings/Resources for Partner/Spouse Loss:**



A Foundation with Resources for young widow/widowers:

<http://thelizlogelinfoundation.org/resources/>

Books on Spouse Loss:

*Men Don’t Cry, Women Do: Transcending Gender Stereotypes of Grief*

Doka, K. and Martin, T.

Brunner/Mazell, 2000

*How to Go On Living When Someone You Love Dies*

Rando, T.

Lexington Books, 1988

*Widow to Widow: How the Bereaved Help One Another*

Silverman, P.

Springer, 1986 (PL)

Books by Authors Who Lost a Spouse:

*Option B: Facing Adversity, Building Resilience, and Finding Joy*

Sandberg, S.

Alfred A. Knopf, Penguin Random House LLC, 2017

*Companion through the Darkness: Inner Dialogues on Grief*

Ericsson S.

Harper Collins, 1993