Reading List



Grief

The Library has a growing collection of books for improving staff well-being.

The following books on anxiety are available to borrow from the Library.

Spirituality and coping with loss: end of life healthcare practice by W Greenstreet (2016)

Grief is the things with feathers by Max Porter (2015)

The iceberg by Marion Coutts (2015)

First steps through bereavement by Sue Mayfield (2011)

Bereavement: studies of grief in adult life 4th ed by C. M. Parkes (2010)

Losing a parent by Fiona Marshall (2011)

Overcoming grief: a self-help guide using cognitive behavioural techniques by Sue Morris (2008)

If there's anything I can do... how to help someone who has been bereaved by C. Doughty (2007)

Living with loss and grief by J Tugendhat (2005)

