

## Love, Loss, and Everything In Between: Best Grief Books for Young Adults

- **Author** - Custom Resource by the Eluna Team

We love this great list of FICTION for any young adult for exploring grief and hopefully sparking conversation. These might be books that you read together or you could buy two - one for your young adult and a friend to read together. Click on the highlighted titles to purchase. Make sure to also check out our recommended books for grieving the loss of a [parent](#), [sibling](#), [friend](#), [grandparent](#), and [anticipatory grief](#).

### [Wildlife](#)\*\* by Fiona Wood

With a semester-long outdoor school program, Sib and Lou end up as roommates. Lou presents herself as a loner, content to deal with her grief in secret. Soon Sib's tumultuous friendship with Holly causes Lou to get involved.

### [Torn Away](#)\*\* by Jennifer Brown

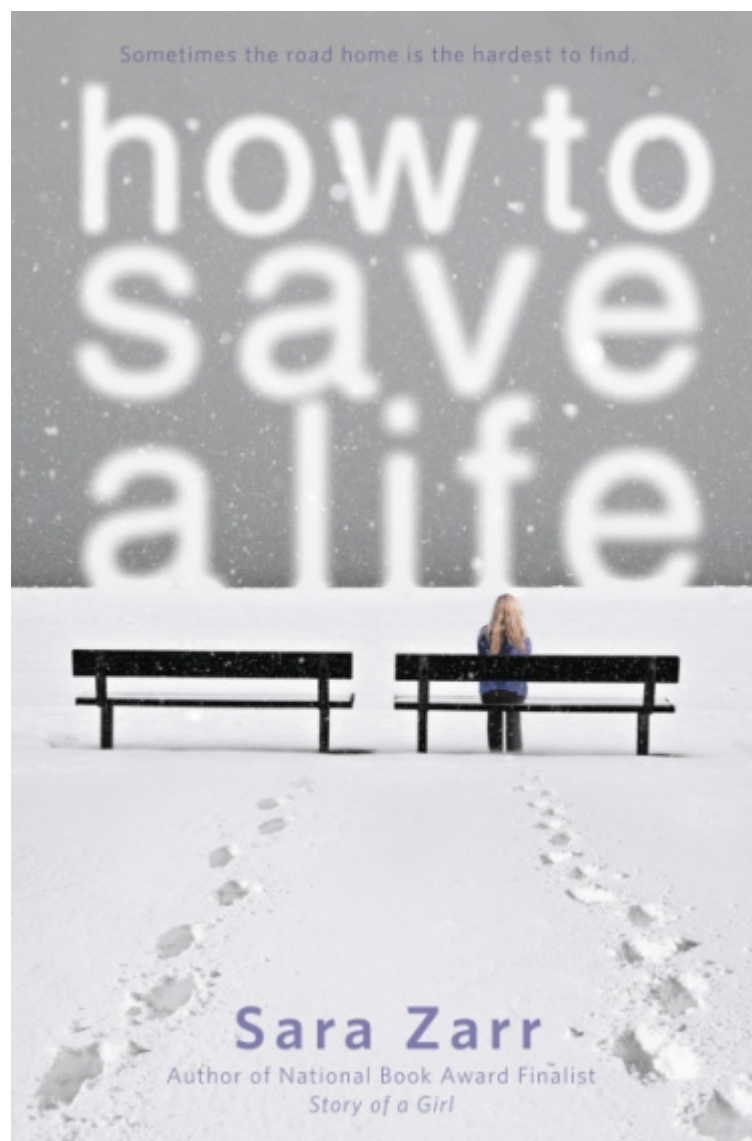
Due to a tornado demolishing her town, Jersey is forlorn. Along with the town, her mother and sister perished, forcing her to go to live with estranged relatives. Grappling with all she's lost, Jersey attempts to settle into an unfamiliar place.

### [How to Save a Life](#)\*\* by Sara Zarr

Two girls, Jill and Mandy, struggle with their changing families. After Jill's father passes away, her mom chooses to adopt a baby. Jill questions her mother, sinking into isolation. Mandy, the child of an unwanted pregnancy, gets a chance to raise a baby differently when she becomes unexpectedly pregnant.

### [37 Things I love \(in no particular order\)](#)\*\* by Kekla Magoon

Ellis has been waiting for a change as her father's coma has continued. When her mother suddenly announces the choice to end his life support, Ellis is devastated. While her closest friend doesn't pick up on her grief, she



turns to another source to work through her feelings.

**[Lies My Girlfriend Told Me](#)\*\* by Julia Anne Peter**

After Alix's girlfriend, Swanee, dies, she finds out that she was cheating on her with someone else. The mysterious girl, Liana, doesn't know that Swanee is dead. So, Alix breaks the news of her death and they form a bond. But she isn't sure if she can divulge Swanee's infidelity.

**[Instructions for a Secondhand Heart](#)\*\* by Tamsyn Murray**

Johnny, the recipient of a donated heart, reaches out to the deceased donor's twin sister, Neve. As they both struggle with their personal grief and guilt, they forge a friendship and learn how to mend from their difficulties together.

**[History is All You Left Me](#)\*\* by Adam Silvera**

Although Griffin has thought Theo, his former flame, would come back to him, Theo's death closes off this possibility forever. Through Griffin's sorrow, he seeks solace in a new love with Jackson. But his history is the key to moving forward.

**[The Loose Ends List](#)\*\* by Carrie Firestone**

As Maddie readies herself for college, she learns of her grandmother's terminal cancer. Gram is taking charge of her final days by taking the family on a farewell cruise. Despite the extravagance, Maddie can't seem to come to grips with losing such a significant person in her life.

**[DJ Rising](#)\*\* by Love Maia**

Aspiring DJ, Marley, struggles to manage his mother's heroin addiction and his scholarship status at a prep school. With an ideal opportunity, Marley is ready to take on his music career. When tragedy strikes, he must decide how to proceed.

**[The Boy in the Black Suit](#)\*\* by Jason Reynolds**

In his life, Matt has dealt with the death of his mother and death at his position in a funeral home. Lovey's had even more misery, and as Matt gets to know her, he continues to encounter challenges and hardship.

*Please let us know if you have any favorites that we are missing. [Email Sarah](#)*

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