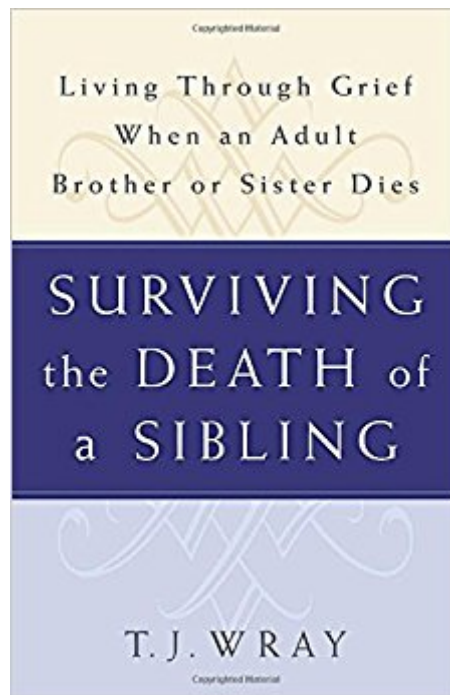




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SURVIVING THE DEATH OF A SIBLING: Living Through Grief When An Adult Brother Or Sister Dies



Synopsis

When T.J. Wray lost her 43-year-old brother, her grief was deep and enduring and, she soon discovered, not fully acknowledged. Despite the longevity of adult sibling relationships, surviving siblings are often made to feel as if their grief is somehow unwarranted. After all, when an adult sibling dies, he or she often leaves behind parents, a spouse, and even children—all of whom suffer a more socially recognized type of loss. Based on the author's own experiences, as well as those of many others, *Surviving the Death of a Sibling* helps adults who have lost a brother or sister to realize that they are not alone in their struggle. Just as important, it teaches them to understand the unique stages of their grieving process, offering practical and prescriptive advice for dealing with each stage. In *Surviving the Death of a Sibling*, T.J. Wray discusses:

- Searching for and finding meaning in your sibling's passing
- Using a grief journal to record your emotions
- Choosing a grief partner to help you through tough times
- Dealing with insensitive remarks made by others

Warm and personal, and a rich source of useful insights and coping strategies, *Surviving the Death of a Sibling* is a unique addition to the literature of bereavement.

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Customer Reviews

"If you or someone you love has experienced the death of an adult sibling, then buy this book. Wray is a captivating story teller who weaves stories of herself and many other sibling griever to bring clarity and understanding to the complex process of sibling grief. Insightful, consoling, and filled with helpful, proactive steps designed to help surviving siblings cope with their devastating loss,

Surviving the Death of a Sibling is a "must read" for every surviving sibling." – Tom Golden LCSW, author of Swallowed by a Snake: The Gift of the Masculine Side of Healing and creator of Webhealing.com

When T.J. Wray lost her 43-year-old brother, her grief was deep and enduring and, she soon discovered, not fully acknowledged. Despite the longevity of adult sibling relationships, surviving siblings are often made to feel as if their grief is somehow unwarranted. After all, when an adult sibling dies, he or she often leaves behind parents, a spouse, and even children--all of whom suffer a more socially recognized type of loss. Based on the author's own experiences, as well as those of many others, *Surviving the Death of a Sibling* helps adults who have lost a brother or sister to realize that they are not alone in their struggle. Just as important, it teaches them to understand the unique stages of their grieving process, offering practical and prescriptive advice for dealing with each stage. In *Surviving the Death of a Sibling*, T.J. Wray discusses: - Searching for and finding meaning in your sibling's passing- Using a grief journal to record your emotions- Choosing a grief partner to help you through tough times- Dealing with insensitive remarks made by others Warm and personal, and a rich source of useful insights and coping strategies, *Surviving the Death of a Sibling* is a unique addition to the literature of bereavement.

This book is wonderful!! At last someone understands!!! Having lost 2 sisters I struggle with grief and sorrow...while feeling like I know longer belong to what is left of my family.... This book offers sympathy and understanding as the author shares many stories of the impact of losing a sibling.... I no longer feel like there is something wrong with me... I understand that losing a sibling is very devastating and very often underestimated by society... And while I still miss my sisters I have a better understanding of why this has been a most difficult loss.

I found this book extremely helpful after the death of my sister. There were many different scenarios of siblings dying (accident, illness, murder, suicide). The author interviewed many people of various ages who had lost a sibling. Losing my sister was devastating. This is just one of the many steps that I have taken to establish my "new normal". Still working on it, but still helpful.

This book is saving my life. I am going through intense grief following the death of my brother. T. J. seems to really know what I am going through. She offers support and suggestions that are helpful. Every time I read the book, I feel comforted. And I feel like everything I am going through is "normal"

for this kind of grief. I would highly recommend this book to anyone who has lost a sibling. It really helps! Buy it right away as she describes the grief you are feeling starting at the very beginning.

So far this author is really hitting the spot for me. I recently lost my brother in a tragic accident (he was 24) and this book is helping me realize that the grief I feel from losing my sibling is a special type of grief that is often ignored because, after all, we were "just siblings." If anyone is looking for something to read to help them heal after they've lost a sibling as an adult this book is pretty good (so far anyway, I haven't finished it yet but I'm confident about my review of it).

I bought this book for my daughter her brother, and my sweet son, died unexpectedly at the age of 24. It was a great help to my daughter as she grieved, and tried to come to terms with the loss of her brother, and the fact that now she was an only child. When my friend's daughter died recently, I bought the book for her other daughter. I hope it will be helpful to her in this journey that no one wants to take. Siblings often get left out, as people wrongfully think that isn't as difficult to lose a brother or sister. But they suffer too. So be gentle.

Useful, and decent information, but too long for my taste. I think someone grieving wouldn't plow through this. I acquired it to see if I would gift it to my siblings near my time of death--and decided that I wouldn't do that. Most of them would not read it given its length and complexity.

I bought this book after my beloved Twin brother died recently. I found what the author experienced to be true - it's not easy to find a book on the specific topic of "sibling" grief and loss. This book is very intelligent, yet comfortable to read in that it is personal. It is not the more clinical type of look at grief and loss; although it does include those topics as well. It is a good mix of the author as a professional sharing her own story, as well as the material necessary to promote one's understanding of, and guide through, the loss and grief of a sibling. It is a very valuable book for that alone. However, I also found that as I read it, I immediately began to feel less alone. I was surprised but relieved at the same time - someone else had also truly experienced "my type" of pain and loss. She captures the totality of both a person's thoughts and feelings when grieving a sibling. It is unique in its own right because of that, I think. When I found this book in the sea of grief books that were available, I felt I had not been forgotten about because it was geared directly toward siblings. That in and of itself made a big difference to me. I needed this particular book and I didn't even know it until I started reading it!

I recently lost my brother. He was only 64 and had not been ill until he suddenly got pneumonia and died from complications from that; so it was pretty devastating to all of us. I ordered this book and it has been of comfort and help to me. It has helped me face it. You must grieve. You can't run from it. The author is very insightful. Thank you.

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Greeting Card The Sibling Slam Book: What It's Really Like To Have A Brother Or Sister With Special Needs
Grief Diaries: Loss of a Sibling Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief and Finding Meaning After Loss (The Instant Help Solutions Series)
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