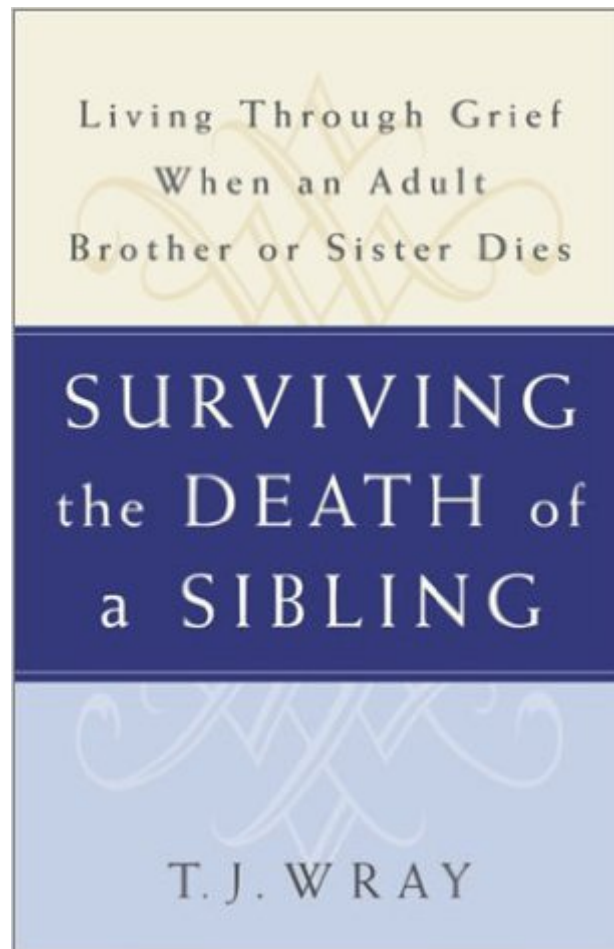


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SURVIVING THE DEATH OF A SIBLING: Living Through Grief When An Adult Brother Or Sister Dies



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.

Book Information

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#154 in [Books > Self-Help > Relationships > Love & Loss](#) #263 in [Books > Self-Help > Death & Grief](#)

Customer Reviews

I had high hopes for this book but came away rather disappointed. Each of the ten chapters has a lengthy description of the issue, Shock, The Reaction of Others, Dreams, Acceptance, and so on, and has descriptions of Wray's own experience and those of others, followed by a section titled "What Helps". That's good. However, there is an awful lot of Wray's own story of losing her older brother, 43, after a short illness. She had a very difficult time, with which I sympathize, but there is

too much of all she went through and I didn't find this helpful. I don't know if writing the book was part of her therapy but it does seem to have been cathartic. I wish an editor had helped her pare it down. My biggest gripe is the bias toward younger situations, young deceased siblings, most rather sudden, some violently, leaving relatively young survivors who had little if any time to prepare. She gives the ages of those individuals and there wasn't one over sixty. She discusses the problems of surviving parents, as if most people have to deal with this. I don't know why there is this bias except that Wray was young and so was her brother when he died. No matter what age you are, losing a sibling is painful, and I do agree with her that people don't acknowledge this as they do with other deaths. I lost my young sister Janet, 66, last December, 2011, to the most virulent case of endometrial cancer that anyone in her Seattle hospital had ever seen. She died just eight days after I learned that she was terminally ill. I was 67. I also lost my older sister and older brother to cancer and I am a cancer survivor. There's obviously something wrong with the oncogenes in my family.

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