



Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies

T.J. Wray

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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.

Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies Details

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From Reader Review Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies for online ebook

Diane Velez says

After my brother's loss, this is one of the only things that I felt understood my pain and grief. It took me 4 months to read because I would stop and reflect and somehow every chapter I read was everything I was experiencing. I recommend this book to anyone who lost a sibling.

Jasleen Matharu says

This book was the first conversation I opened myself to after loosing my younger sibling. It defined the emotions I was feeling at the time and helped me accept them. Recommended guide and friend during severely grieving times!

Rachel Wall says

Highly recommend if you've lost a sibling.

Sara says

Wow, as someone experiencing the loss of an adult sibling this book spoke directly to me. It deals with many things including learning about grief and how to deal with people (even those close to you) that just cannot understand. There are not many resources out there that speak specifically about this type of loss so this is really a great read for a person in this unthinkable situation.

Liesbeth says

No magical cure for the unbelievable pain caused by losing a sibling, but recognition. And understanding. A feeling of not being totally alone. Hopefully will help those who are left behind in those dark dark moments.

Abby says

Wray's writing is clear and sympathetic without being pitying. She recognizes the many emotions that come along with being a part of this "club" and offers what wisdom she has gathered over the years since her brother's death to those who have been grieving for years as well as those who have been grieving for hours

or days. If you are a grieving sibling or care about a grieving sibling and wish to better understand their new normal, *Surviving the Death of a Sibling* is a great place to start.

Kate says

This book helped me survive the death of my brother. I don't know what I would have done without this book. I finished this book a few days ago but I still go to it every night to read some of it again. It is extremely helpful. Thank you, T.J. Wray, for making an unbearable situation a little bit better with your words, stories, and helpful insight.

Amy says

"...Surviving adult siblings are indeed the forgotten bereaved..." This book brought me great comfort as I sought guidance on how to best support my husband who, at some point in the "too soon" future, will join this awful club. If you have lost a sibling or love someone who has lost a sibling, I recommend this read. Grief is an important process for all of us to understand, and I appreciate how this author specifically discusses sibling grief with the compassion, understanding and patience she learned from her own experience and reflection.

Aunt Edie says

That is a very dry title for a book that is anything but dry. However, I will concede to its usefulness - if you are searching for a book about surviving the death of an adult sibling the title lets you know you've found your manual. I found the book to be everything I was looking for, both for myself and to give to those around me. I've already bought three copies. While it is obviously a helpful guide for those who are grieving, I think it would be as helpful - if not more - to those who are trying to help a loved one through the grieving process. Often the one in pain doesn't have the words to explain what they are going through and this book will give you an insight into their journey. Because grief is a journey. An unpredictable journey. What I find most comforting about Wray's book is that she offers no answers. Each of us will make our own way through this valley/desert/jungle and no one's experience is quite like another's. There are common landmarks, and she touches on those. But she also emphasizes the uniqueness of each journey. And the unpredictability within each journey. You might be having a fine day when a tilt of the head or song on the radio or a bird flying by will trigger an onslaught of tears. Or anger. Or depression. Not only are the triggers unpredictable but the reaction is too. She also makes clear that for many this is a lifelong journey. But there are things we can do to help the process. Things to help us cope. Not all of them will work for all people. But they can provide some comfort during a time when comfort is in short supply. This easy to read book isn't a magic pill - that's the point, there is no magic pill. But many have walked this path before you and are walking with you and there are some lifelines you can grab onto. One might even help.

The book is written in a conversational style. This is not an academic study. It doesn't pretend to be. It is filled mostly with personal anecdotes. There is an extensive list of resources. It is like sitting down to tea with someone who has survived the journey, scarred and changed, but survived. If you are looking for a classroom experience, keep looking.

Merlina says

“But how can I learn to live in a world that doesn’t include my brother? All my life, I’ve always been my brother’s sister; it’s part of my identity, part of who I am. My brother is part of my past; we share a common history. And we had plans for the future.” – T.J. Wray “Surviving the Death of a Sibling.”

There is so little literature out there on dealing with the death of a sibling, that, I welcomed this book at first. But, ultimately, for me, Wray’s analysis was not very helpful, mired as it was in her own experience and anchored by her faith in god. But the anecdotes of others who had lost a sibling, sprinkled liberally throughout the book, were small beacon fires dotting a dark landscape of grief; I gravitated toward them because, finally, here were my feelings, lit up by others who felt the same.

My sister’s death this year shook my beliefs and faith to their foundations, and, being a reader, I naturally turned to books to make sense of the senseless. I will recommend this book, because there is next to nothing out there on this subject, but I have found more comfort and insight in poetry. Instead of looking heavenward for some connection, for even the smallest of lines threading through the darkness, I have found solace in the world and the life around me:

Divinity must live within herself:
Passions of rain, or moods in falling snow;
Griefings in loneliness, or unsubdued
Elatations when the forest blooms; gusty
Emotions on wet roads on autumn nights;
All pleasures and all pains, remembering
The bough of summer and the winter branch.
“Sunday Morning” Wallace Stevens

Ali says

I found myself lost in a foreign land, and read this book looking for a roadmap to get me to through to the other side.

My expectations were unrealistic. There are no maps to this new land.

Ashley says

I didn’t read this book cover to cover, I skipped around to what felt relevant to me. Parts were meaningful and helpful and other parts not so much. It was helpful to read accounts of how others handled what I’m going through, it made me feel just a little less crazy. I would recommend it for anyone who has lost a sibling but also to anyone who loves someone who has. There are parts that speak directly to how to help those who are grieving.

Holly says

This book is exactly what I need as I grieve the death of my life-long best friend, my baby sister, Debby (55). And now I will begin my reread (to be followed by more rereadings).

Sonja says

This helped me a LOT after the death of my younger brother, at age 25 of cancer. Highly recommend to people who have lost a sibling. We are the forgotten grievers.

Jo says

This book is also very good & helpful. It's the only one I've found so far on living through grief when an adult brother or sister dies (which is also the subtitle of the book). I like that that its targeted that way. It has touched on things that I'm experiencing that no other book focussed on losing a parent, child, or spouse has expressed (and the ones on losing a sibling as a child I just couldn't finish, it's not the same) in quite the way I needed to hear it. [Like the, probably well-meaning, person who more or less said that since we lived so far apart & didn't see each other often, it really shouldn't be that bad for me -- which comment literally left me gasping with pain. It really helped to know others have experienced such idiotic statements & that their reactions mirrored mine.:] I appreciated the experiences of other surviving siblings whose stories are woven into the book. The author also shared her pain and her road back, and thus gives hope that there is a road back for the rest of us who have also lost a deeply loved brother or sister. Each chapter ends with a "What Helps" section containing many straightforward and practical suggestions for coping with grief. There is also a good resource section at the end of the book.
