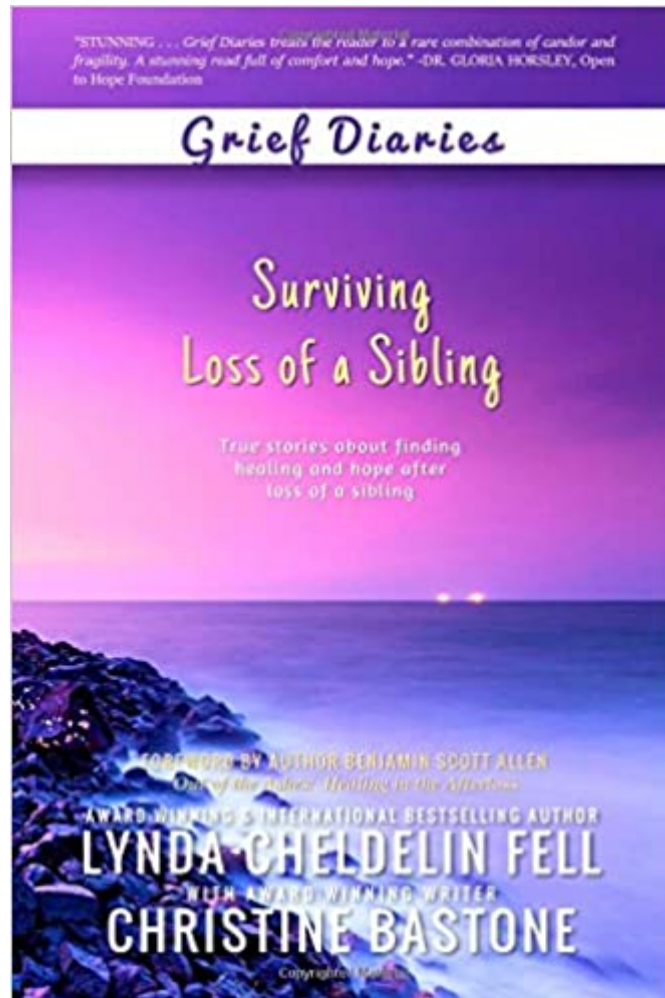




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# Grief Diaries: Loss Of A Sibling



## Synopsis

Part of the award-winning Grief Diaries series, *Surviving Loss of a Sibling* is a collection of true stories about surviving the aftermath of losing sisters and brothers of all ages. When we lose a sibling, we lose part of our identity. Our whole life shifts, and the intensity of our emotions in the swirling aftermath is overwhelming. Part of the award-winning Grief Diaries series, *Surviving Loss of a Sibling* shares the tender journeys of 13 people in the aftermath of losing a sister or brother. Filled with answers to poignant questions, each shares insight into the process of coping with loss of their sibling, and plays a vital role in surrounding readers with warmth and comfort as they seek healing and understanding along their own journey.

## Book Information

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## Customer Reviews

"WONDERFUL . . . Loss of a Sibling is a wonderful computation of stories written by the best of experts, bereaved siblings themselves. Although this bond is one of life's longest and most unique relationships, sibling loss is often minimized and unacknowledged. Thank you for building awareness about a topic so near and dear to my heart." Dr. Heidi Horsley, Adjunct Professor, School of Social Work, Columbia University Grief Expert, Author, and Co-Founder of Open to Hope Organization

"CRITICALLY IMPORTANT . . . I want to say to Lynda that what you are doing is so critically important." -DR. BERNICE A. KING, Daughter of Dr. Martin Luther King

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relationships, sibling loss is often minimized and unacknowledged. Thank you for building awareness about a topic so near and dear to my heart." -DR. HEIDI HORSLEY, Grief Expert & Adjunct Professor, Columbia University "HOPE AND HEALING . . . You are a pioneer in this field and you are breaking the trail for others to find hope and healing." -KRISTI SMITH, Author & International Speaker

Losing a sibling is a heartbreak that leaves a hole in the fabric of every family. Facing a challenging journey no less tumultuous, the anguished needs of the surviving siblings are often cast into the shadows behind the bereaved parents. Struggling through such emotions can be isolating and devastating. While each loss is as unique as one's own fingerprint, and grief tools aren't one-size-fits-all, it's important to know you are not alone. This book is like your own portable support group, open 24/7. It offers an intimate collection of stories by people around the world who have all walked in your shoes. Consider this book one of your bereavement tools, and pull it out whenever you need. For no matter the age, the circumstance, or number of days since your sibling died, the stories contained within this book offer company, comfort and hope, and are a treasured reminder that none of us walk this journey alone.

As the father of a child lost to a drunk driver I believe it's critical to see publications like this that show the inner feelings and struggles of those who have lost a sibling. They are often the "silent grievers" as others want them to be "strong" for their parents, and this is so unfair. They hurt as much as the parents that have lost this person - they have lost a friend and confidant that is supposed to be there until they are both very, very old. I applaud the writers of this book that had the courage and energy to share their innermost feelings with the world. It's so important.

This entire series in the Grief Diaries Anthology brings the topic of grief out of the darkness and into the light. The power of the collective writers together is phenomenal! This is a must read for any professional who works with the someone who is suffering from the loss of a sibling. I believe it will prove to be a great gift to those in the thralls of the grief journey, which will allow them to know they are not alone and there are people and an entire community here that understands. Grief is isolating and scary and these books are a supportive friend that is there when they are needed and also will link the reader to many people and resources in the grief community.

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Grief is such a difficult topic yet the writers in this book are so unbelievably brave to tell their individual stories. Each chapter gives the reader insight into what they were thinking and feeling during such a difficult and painful time in their lives. The stories are inspirational, heartfelt and hopeful. Every person who has grieved the loss of their sister or brother but feels alone needs to read these stories so they don't feel so isolated. This is a must read for anyone who has lost a sibling. Thank you Grief Diaries for bringing this difficult topic as well as the others in this important anthology into our homes and hearts.

The Grief Diaries Anthology provides a glimpse into the hearts of those on the darkest journeys of their lives. The candid, sometimes painful, responses are incredibly authentic, and provide a glimpse into a shattered heart and its healing process. This insight is a valuable resource, whether you are just beginning this journey or are a seasoned veteran on this road to healing or are a family member or professional attempting to provide loving support to a soul wounded by grief. The contributors' bravery in sharing their stories is heart-warming and a loving gift to those grieving loss on any level.

I love my sisters so much. This book will help others to understand what it is like when a sibling dies and offers help and comfort.

Grief Diaries Anthology Series is here to support you. I shared my own personal journey as a contributor to Loss of a Parent and became part of a beautiful community sharing stories of love, loss, pain and hope. Each story is intimate, unique and beautiful in its own way guiding you through the emotions of grief and helping you realise "We are not alone".

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