

Sibling Loss – Helpful Books

The Empty Room: Surviving the Loss of a Brother or Sister at Any Age

Elizabeth DeVita-Raeburn

With an inspired blend of life experience, journalistic acumen, and research training, DeVita-Raeburn draws on interviews of more than two hundred survivors to render a powerful portrait of the range of conditions and emotions, from withdrawal to guilt to rage, that attend such loss. Finding little in professional literature, she realizes that those who suffer are the experts. And in the end, it is DeVita-Raeburn and her experts who present a larger, more complex understanding of the sibling bond, the lifelong impact of the severing of that bond, and the tools needed to heal and move forward.

Grief Diaries: Loss of a Sibling

Lynda Cheldelin Fell

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.

Healing the Adult Sibling's Grieving Heart: 100 Practical Ideas After Your Brother or Sister Dies

Alan D. Wolfelt

Compassionate and heartfelt, this collection offers 100 practical ideas to help understand and accept the passing of a sibling in order to practice self-healing. The principles of grief and mourning are clearly defined, accompanied by action-oriented tips for embracing bereavement. Whether a sibling has died as a young or older adult or the death was sudden or anticipated, this resource provides a healthy approach to dealing with the aftermath.

Sibling Grief: Healing After the Death of a Sister or Brother

P. Gill White

Sibling Grief is White's validation of the emotional significance of sibling loss. She draws on both clinical experience and her own deeply personal experience, along with wisdom from hundreds of bereaved siblings, to explain the five healing tasks unique to sibling grief. White also describes the dream patterns of bereaved siblings, showing how healing is reflected in the dream state. Throughout, she illustrates the long-lasting connection between siblings—a connection that death itself cannot sever.

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

T.J. Wray

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.

Sibling Loss – Helpful Websites

compassionatefriends.org

“When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.”

thegrievingsibling.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, we 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. From her own experiences, as well as those of many others, the book [Surviving the Death of a Sibling](#) was born, to help adults who have lost a brother or sister realize that they are not alone in their struggle. She created a website where there was support and understanding available in a community setting. This site is an updated version of that site.

modernloss.com

“Modern Loss is a place to share the unspeakably taboo, unbelievably hilarious, and unexpectedly beautiful terrain of navigating your life after a death. Beginners welcome. This project grew out of two friends’ separate experiences with sudden loss, and their struggle to find resources that weren’t too clinical, overtly religious, patronizing or, frankly, cheesy.”

opentohope.com

“Open to Hope® is a non-profit with the mission of helping people find hope after loss. We invite you to read, listen and share your stories of hope and compassion.”

whatsyourgrief.com

“Our mission is to promote grief education, exploration, and expression in both practical and creative ways. We aim to provide the public with...

- Education that reaches beyond generalization
- Practical and specific suggestions for moving forward
- Modes of self-exploration and self-expression that suit all types of thinkers and doers
- Ways to honor and remember deceased loved ones.
- A supportive community”