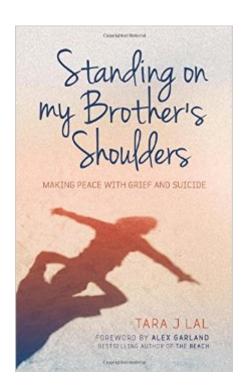
The book was found

Standing On My Brother's Shoulders: Making Peace With Grief And Suicide - A True Story





Synopsis

A suicide loss survivor tells her story. Tara Lalâ ™s childhood was battered by her fatherâ ™s mental illness and by her motherâ ™s death when she was thirteen. Caught up in grief and despair, she developed a deep, caring bond with her charismatic and kind older brother Adam, though he struggled silently with growing anxiety and depression. Four years after their motherâ ™s death, Adam committed suicide. Â Grief and insecurity threatened to engulf Tara, but eventually she found, through a dialogue with the words her brother left behind in his diaries, her reason to live. Â The book includes an Afterword on the possibilities for recovery and growth following a tragedy, written by Miriam Akhtar, author of Positive Psychology for Overcoming Depression.

Book Information

Paperback: 224 pages

Publisher: Watkins Publishing (September 15, 2015)

Language: English

ISBN-10: 1780289022

ISBN-13: 978-1780289021

Product Dimensions: 5.3 x 0.8 x 8.6 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â See all reviews (2 customer reviews)

Best Sellers Rank: #1,086,389 in Books (See Top 100 in Books) #230 in Books > Biographies & Memoirs > Ethnic & National > Australian #495 in Books > Self-Help > Death & Grief > Suicide

#1307 in Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

Browse â— Community â— Search booksDenise DiFalcoDenise DiFalco's Reviews > Standing on My Brother's Shoulders: Making Peace with Grief and Suicide - A True StoryStanding on My Brother's Shoulders by Tara J LalStanding on My Brother's Shoulders: Making Peace with Grief and Suicide - A True Storyby Tara J Lal1593331Denise DiFalco's review May 15, 2016 Ã Â editit was amazingbookshelves: favoritesRead in May, 2016Tara J. Lal offers real hope to those who have encountered tragedy. This book tells the story of the Lal family where the mother, Bridget, steps up to take on the bulk of the household responsibity because her husband suffers from numerous nervous breakdowns. For the years, she is the glue that keeps everything together and the children admire her. Despite the obvious difficulties, the family is close. Tara has an older sister, Jo and Brother Adam. Her bond with her brother is significant. He is her mentor, role model and she seeks

to please him early on. Adam is super intelligent and good looking also. The family expects a lot from him and he seems to always be striving for perfection. Sadly Adam cannot accept himself any other way. The book explains the tremendous loss everyone goes through when Tara's mother passes away from cancer. Mr. Lal by now is diagnosed with schizophrenia and through no fault of his own, he cannot fill his wives shoes. Instead he is sent back to the mental hospital. Tara leans on her brother, Adam for emotional strength. Although he is living outside of the home, he writes frequently. Their relationship is more like best friends so when he begins to isolate due to depression, she knows immediately that something is not right.

Download to continue reading...

Standing on My Brother's Shoulders: Making Peace with Grief and Suicide - A True Story Silence Is Golden: Standing on the Shoulders of Marcel Marceau Suicide Information for Teens: Health Tips About Suicide Causes and Prevention (Teen Health Series) On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss My First Time was with My Boyfriend's Little Brother Vol.2 (TL Manga) (My First Time was with My Boyfriend's Little Brother) Head, Shoulders, Knees and Toes... Head, Shoulders, Knees and Toes/Cabeza, Hombros, Piernas, Pies (Dual Language Baby Board Books- English/Spanish) (Spanish Edition) Enjoying True Peace (Yasmin Peace Series) Making War/Making Peace (vol 3 of Defeating Terrorism/Developing Dreams: Beyond 9/11 and the Iraq War) Standing on Common Ground: The Making of a Sunbelt Borderland Searching for and Maintaining Peace: A Small Treatise on Peace of Heart The Other Side of Suffering: The Father of JonBenet Ramsey Tells the Story of His Journey from Grief to Grace Everlasting Peace: 10 Hymn Arrangements Based on the Theme of Peace (Alfred's Sacred Performer Collections) A Touch of His Peace: Meditations on Experiencing the Peace of God One Hand Does Not Catch a Buffalo: 50 Years of Amazing Peace Corps Stories: Volume One: Africa (Peace Corps at 50) Peace Journey: The Struggle for Peace in Bosnia Last Ape Standing: The Seven Million-Year Story of How and Why We Survived Undone: A Story of Making Peace With an Unexpected Life Dare!: A Story about Standing Up to Bullying in Schools (The Weird! Series) Russia Against Napoleon: The True Story of the Campaigns of War and Peace

Dmca