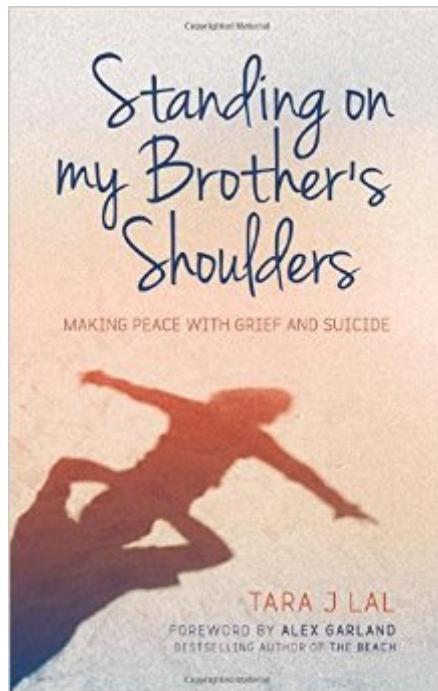


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Standing On My Brother's Shoulders: Making Peace With Grief And Suicide - A True Story



Synopsis

A suicide lossÂ 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 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,086,389 in Books (See Top 100 in Books) #230 inÂ Books > Biographies & Memoirs > Ethnic & National > Australian #495 inÂ Books > Self-Help > Death & Grief > Suicide #1307 inÂ Books > Health, Fitness & Dieting > Mental Health > Depression

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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 wife's 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.

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