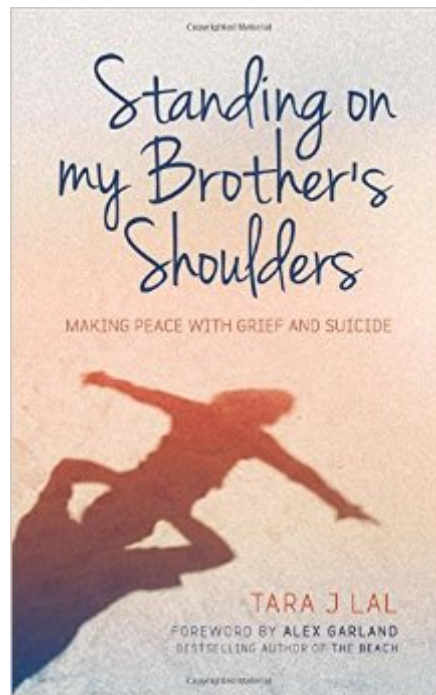


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# Standing On My Brother's Shoulders: Making Peace With Grief And Suicide - A True Story



## Synopsis

A suicide loss survivor tells her story. Tara Lal's childhood was battered by her father's mental illness and by her mother'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 mother's death, Adam committed suicide. 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. 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

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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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