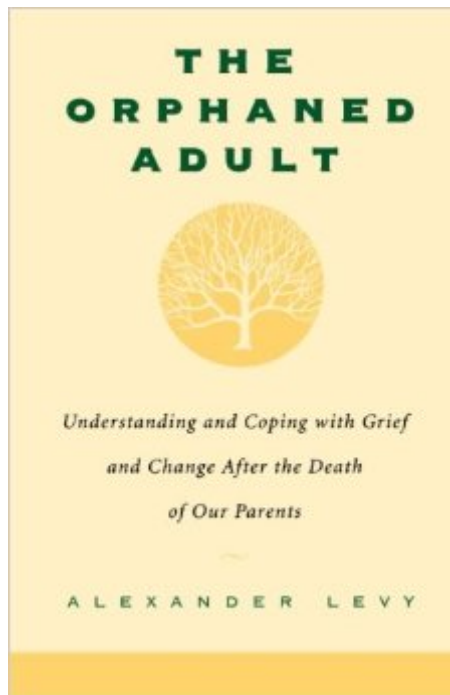


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# The Orphaned Adult: Understanding And Coping With Grief And Change After The Death Of Our Parents



## Synopsis

Losing our parents when we ourselves are adults is in the natural order of things, a rite of passage into true adulthood. But whether we lose them suddenly or after a prolonged illness, and whether we were close to or estranged from them, this passage proves inevitably more difficult than we thought it would be. A much-needed and knowledgeable discussion of this adult phenomenon, *The Orphaned Adult* validates the wide array of disorienting emotions that can accompany the death of our parents by sharing both the author's heart-felt experience of loss and the moving stories of countless adults who have shared their losses with him. From the recognition of our own mortality and sudden child-like sorrow to a sometimes-subtle change in identity or shift of roles in the surviving family, *The Orphaned Adult* guides readers through the storm of change this passage brings and anchors them with its compassionate and reassuring wisdom.

## Book Information

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## Customer Reviews

This book is a gift. I was orphaned as an adult 4 years ago when I lost my parents within 3 months of each other. I picked myself up, dusted myself off and went on with my life. Why? Because that is what society expected me to do. Because mourning for a parent shouldn't last over 2 weeks...after all everyone's parents die, so what's your problem. Well my problem was that I lost the two people in the world who loved me more than life. The two people who were always there. The two people who called me their daughter and now....I'm no one's daughter. Part of my own existence died when they did. Dr Levy's book puts in perspective my pain. Even though life does go on there isn't a day that passes without mourning for what is lost. This book made me realize that grief doesn't just go

away nor should it. I now understand that my longing for my parents is healthy and okay. And for this understanding I am very grateful. Thank you again, Dr. Levy

This is a truly amazing book on the subject of parental loss. In the aftermath of my parents' deaths, I have read nearly all of the "parental loss" books out there, and this is by far the best. Although I am unusually young (28) to have lost both parents, although mine passed in an unusual manner (together, in a car accident), and although my relationship with them was closer than many people's (I am an only child who spoke to both of my parents every day) -- all things which tend to distance my experience from those of others', including the authors of most books on this subject -- Levy's book spoke to me tenderly, honestly, and universally. Levy insightfully and compassionately explores not only the intensity of grief wrought by the loss of one's parents, but also what such loss means in terms of an adult child's identity, how it impacts one's interactions with other loved ones and friends, and how it can impact one's religious beliefs. He also discusses techniques for getting through grief, and even includes a section on ongoing relationships with parents following their death (whether it be through visitations or conscious rituals). This is a heartfelt book that I will return to again and again. I can't recommend it enough, really.

My father passed away over ten years ago. My mother passed away two years ago. In fact, I just celebrated the two year anniversary on February 9, 2000 dedicating an organization to her. I have felt this immense emptiness since my mom's passing and felt that I must be losing my mind because no one else seemed to be having as hard a time as I am dealing with her death, nor do friends (those who have lost a parent and those who have not) seem to understand my grief. I have always said to myself that I was an orphan, but never thought to mention that to others for fear that they would think I was crazy since I'm 41 years old. Since I began reading *The Orphaned Adult*, I now realize I'm not alone in how I'm dealing with my grief and that there is no time table as to how long I should grieve nor is there any proper or improper behavior for grieving. I am or have experienced nearly everything talked about in the book, especially the change in relationships. It just makes me feel better to know that I'm not alone and that I'm not losing my mind. Thank you, Mr. Levy, for writing this book. I too had thought of writing something, but your book covers everything.

In less than a year I lost both my parents. Yes, they were quite elderly (in their 90s) but, still it was and still is quite a shock. I was a crushing experience. I went to a grief workshop and someone there suggested this book. I ordered it and it has been a godsend. It spoke right to the heart of my feelings

of loss and grief. I am in my 60s and never thought I'd take the loss of my parents as I have. Right now the book is on loan to another person who recently lost her surviving parent. Can't say enough about the book. Highly recommend it!!!!

I read, in practically one sitting, "The Orphaned Adult." Not only does the author share his own insight, he has gleaned stories from many other people -- some patients (he's a psychologist) -- some friends. The anxiety and fears I have lived with since my Mom died 21 years ago (when I was a young adult) are discussed in the book. The book addresses each individual loss and the fact that losing the surviving parent causes you to experience the loss of the first parent all over again. That happened to me when my father passed away four years ago. So much is talked about in the book that I have never talked about with anyone. It was comforting to know that many of my thoughts and feelings are common among other people with similar experiences. It's the only book I have ever read that is so specific to my feelings and experiences. Yet, it was not the type of book that you cry all the way through. It was like sitting down with a close friend who has also lost their parents and just pouring your heart out. Every "orphaned adult" should read this today and send it to other "orphans" they know and love.

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