



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

Alexander Levy

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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.

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