



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

By 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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Editorial Review

From Library Journal

The death of one's parents is "the ultimate equal-opportunity" experience; becoming an orphan as an adult happens to nearly everybody. Yet despite the flood of self-help books on death and the grieving process, very little (with the exception of Hope Edleman's *Motherless Daughters*) has been written on parental loss.

Incorporating his own personal experience with the accounts of others who have lost their parents, psychologist Levy examines this profound life-changing event with compassion and understanding. Since our parents "project an illusion of permanence," writes Levy, their death forces us to confront our own mortality (we are next in line to die) and to adjust to our new identities as orphaned adults. Indeed, he argues that this stripping of our childish beliefs is the first step toward true adulthood: "Perhaps only after parents have died can people find out what they are going to be when they grow up." This wise and caring book is recommended for all collections. A Wilda Williams, "Library Journal"

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Review

"I have never been more moved than by reading this extraordinarily personal, inspirational, and helpful book....Levy makes the old new and roots the new in the timeless. A gem to be treasured, a truly life-affirming accomplishment." -- *Rabbi Earl Grollman, D.H.L., D.D., author of Living When a Loved One Has Died*

About the Author

Alexander Levy has been a psychologist in private practice for over twenty years. He lives on a farm in Pennsylvania.

Users Review

From reader reviews:

Jane Cuellar:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite publication and reading a publication. Beside you can solve your problem; you can add your knowledge by the e-book entitled *The Orphaned Adult: Understanding And Coping With Grief And Change After The Death Of Our Parents*. Try to the actual book *The Orphaned Adult: Understanding And Coping With Grief And Change After The Death Of Our Parents* as your good friend. It means that it can be your friend when you really feel alone and beside associated with course make you smarter than in the past. Yeah, it is very fortunate for you personally. The book makes you much more confidence because you can know everything by the book. So, let's make new experience along with knowledge with this book.

Jared Smith:

As people who live in the actual modest era should be revise about what going on or info even knowledge to make these people keep up with the era which can be always change and progress. Some of you maybe will

certainly update themselves by reading books. It is a good choice for you but the problems coming to an individual is you don't know what type you should start with. This *The Orphaned Adult: Understanding And Coping With Grief And Change After The Death Of Our Parents* is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and wish in this era.

Susan Bondurant:

Information is provisions for folks to get better life, information currently can get by anyone at everywhere. The information can be a understanding or any news even a concern. What people must be consider while those information which is inside the former life are difficult to be find than now's taking seriously which one is acceptable to believe or which one the resource are convinced. If you receive the unstable resource then you understand it as your main information we will see huge disadvantage for you. All those possibilities will not happen in you if you take *The Orphaned Adult: Understanding And Coping With Grief And Change After The Death Of Our Parents* as the daily resource information.

Steven Young:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them household or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the entire day to reading a e-book. The book *The Orphaned Adult: Understanding And Coping With Grief And Change After The Death Of Our Parents* it is quite good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to create this book you can buy the e-book. You can more simply to read this book from a smart phone. The price is not to cover but this book offers high quality.

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