**BOOKS ABOUT GRIEVING A SIBLING**

**Healing the Adult Sibling's Grieving Heart: 100 Practical Ideas After Your Brother or Sister Dies**

"Siblings are often called the 'forgotten mourner' because attention usually is placed on surviving parents, spouses, and children related to the deceased person," explains Cirlin. Gerstein, who is a self-described member of this group of mourners, suggests this book by Alan D. Wolfelt because it "validates the sibling relationship and introduces the reader to the concept of disenfranchised grief, which many siblings feel but have difficulty articulating." Wolfelt, who is the founder of the Center for Loss and Life Transition, provides 100 action-oriented ideas for embracing your grief while honoring the relationship you had with your sibling.

**The Empty Room: Understanding Sibling Loss**

Both Cohen and Horseley recommend this book for bereaved siblings, which features both memoir writing and journalistic research. The author reflects on her personal experience of sibling illness and loss, while also gathering insights and stories from over 200 sibling survivors, says Horseley. Because professional texts for this kind of loss can be limited, the feelings and voices of survivors are highlighted and uplifted.

**Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies**

*Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies* seeks "to elevate and elucidate the experience and altered lives of siblings who have lost lifelong companions and friends," says Cirlin. Cohen particularly likes that the book offers both general guidance and "great coping strategies" to those grieving this particular and profound type of loss