



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

*Alan D. Wolfelt*

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Compassionate and heartfelt, this collection offers 100 practical ideas to help understand and accept the passing of a sibling in order to practice self-healing. The principles of grief and mourning are clearly defined, accompanied by action-oriented tips for embracing bereavement. Whether a sibling has died as a young or older adult or the death was sudden or anticipated, this resource provides a healthy approach to dealing with the aftermath.

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