



Standing on My Brother's Shoulders: Making Peace with Grief and Suicide - A True Story

Tara Lal

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A suicide loss survivor tells her story.

Tara Lal's childhood was battered by her father's mental illness and by her mother's death when she was thirteen. Caught up in grief and despair, she developed a deep, caring bond with her charismatic and kind older brother Adam, though he struggled silently with growing anxiety and depression. Four years after their mother's death, Adam committed suicide.

Grief and insecurity threatened to engulf Tara, but eventually she found, through a dialogue with the words her brother left behind in his diaries, her reason to live.

The book includes an Afterword on the possibilities for recovery and growth following a tragedy, written by Miriam Akhtar, author of *Positive Psychology for Overcoming Depression*.

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