



Things I Wish I Knew Before My Mom Died: Coping with Loss Every Day

Ty Alexander , Tia Williams (Foreword)

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#1 Amazon Best Seller ? Coping With Loss

The grieving process: Ty Alexander of *Gorgeous in Grey* is one of the top bloggers today. She has a tremendous personal connection with her readers. This is never more apparent than when she speaks about her mother. The pain of loss is universal. Yet, we all grieve differently. For Alexander, the grieving process is one that she lives with day-to-day. Learning from her pain, Alexander connects with her readers on a deeply emotional level in her debut book, *Things I Wish I Knew before My Mom Died: Coping with Loss Every Day*. From grief counseling to sharing insightful true stories, Alexander offers comfort, reassurance, and hope in the face of sorrow.

Coping with loss: In her early 20's reality smacked Ty in the face. She was ill equipped to deal with the emotional and intellectual rollercoaster of dealing with her mom's illness. Through her own trial and error, she found a way to be a caregiver, patient advocate, researcher, and a grieving daughter. She wrote *Things I Wish I Knew before My Mom Died: Coping with Loss Every Day* to help others find the "best" way to cope and move on, however one personally decides what that means.

Mourning and remembrance: In the chapters of this soul-touching book, mourners will find meaning and wisdom in grieving and the love that will always remain. Each chapter is a study and lesson in coping with loss:

Chapter 1: We've been duped, everyone dies! Chapter 2: The truth about my moderately dysfunctional family Chapter 3: The Art Of Losing Chapter 4: The how of grieving Chapter 5: How to be obsessively grateful Chapter 6: Dear Mama

Things I Wish I Knew Before My Mom Died: Coping with Loss Every Day Details

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From Reader Review Things I Wish I Knew Before My Mom Died: Coping with Loss Every Day for online ebook

Amaka says

I really enjoyed the quotes throughout the book, especially the ever so relatable "Don't let your family's past experiences define you." Ty kept it 100% and for that I just had to give this book 5 stars.

MrsJoy says

Awesome

Great book...I need this! Definitely encourages a stronger relationship with my daughter. I have so many highlights throughout this book and it's something that I'll keep coming back to for encouragement on my bad days.

Sandra Gadberry says

Beautiful and honest

It was not quite about what I was expecting, but I was pleasantly surprised. It was very open and honest, insightful, relatable, and touching read with some great tidbits of comfort and support.

Tammy says

Not applicable

I thought the author was more self absorbed in her own path to help others. Most of the book did not apply to my journey after the loss of my Mom. I lost my Mom at 55.

Rhonda Olney says

Helpful During My Hardest Times

Good to know I'm not alone on this road of grief. This journey will take time and has no specific path. When I feel like quitting, I'll refer back to this book for guidance.

Staci Bishop says

Admittedly did not make it past chapter 3 which is rare for me. If I start a book, I will finish it. Could not get past the language. I read all genres and do not mind language but it was so excessive that it was a major turn off. The audiobook voice is filled with hate and the story is filled with family drama and bitterness. I hope the author finds peace in the end but this was a journey I couldn't take with her.

Nysa says

Totally relatable, quick read. I marked several pages to re-read. I appreciate her honesty.

Yeewei Cheo says

I'm glad I chanced upon this book. I made it a point to read it on this very day, allowing myself to feel while being in the company of people who love and others whom I may not know but understood me. I think it makes a difference when your mother leaves you prematurely, and the how (fucking cancer). I'd read different literature on being motherless and I think this had been the most reflective of my journey thus far.

Joyreader says

I really appreciated the honesty of the author in her descriptions of her journey of grief. She truly bared her soul for her readers.

I don't know if I'm the best person to review this book since my own mother lost her mom at only 27 and has given me her own soul-baring description of grief. So for me personally, I didn't find anything revelatory in here.

I did find the author's advice about acceptance of a new reality to be helpful.

Unfortunately, this book was full of typos. This isn't something I'd normally comment on, but there were so many in this edition, it was truly distracting. Which is not what you want when you're reading such serious and vulnerable writing.

I guess I was expecting the book to follow the title more. I haven't lost my parents yet, but their health is failing and my dad especially. I'd hoped for some thoughts on what to do *before* you lose a parent. In fact, the book is more a description of coping mechanisms for after the fact. That's fantastic, but the title was misleading.

For anyone grieving, I think they'll find this book a refreshingly real look at grief and find comfort in not being alone in the process.

Holly says

It's a good book. It's my 2nd? 3rd? on grief. They all cover the basics. This one was more personal so it hits the heart a little more. Well written and gives hope things get better. The writer sounds like she had a relationship with her mom like I had with mine, so it was very relatable. So I cried a lot.

I miss my, mom. So very much. I know these books are meant to help but keep in mind WHEN you read them and how you feel when you read them. They do help

Stephanie ((Strazzybooks)) says

“Change what death means and feels like to you.”

This book is very personal and chronicles Ty Alexander's life and grief's place in it. She discusses her family relationships, times spent with her mother, and how it felt to be her mother's caretaker as she watched her die from cancer.

Alexander's (I did not know she was a blogger until I got the book) humor, frankness, and personality shine through and I felt as if I was talking to a friend. Though her experiences are uniquely hers and I could not relate to *everything* (but I feel her on those Maryland crab cakes), this book does have beautiful moments of universal wisdom/comfort/guidance for people who are going through the loss of a mother or have already experienced it.

Also, this book was visually appealing - bright and colorful with clear font - which helped to digest the heavier subject matter.

Kali says

Heard really good thing about this book and while my mom is still alive and healthy, I learned a lot about grief and loss in general. This book actually helped me understand more about how my mother felt when her mother (my grandmother) died. I teared up more than once and had to put the book down. There is a vulnerability and rawness of emotion that the author brings to the page that can't be ignored.

Calvina says

I think this is the first and only book (unless she writes another) I've read about coping with the loss of my mother. My mom died 16 years ago when I was 17 and I'm still grieving that loss daily. This book was so relatable and painfully true and funny and motivating all in one. I think anyone who has suffered thru the loss of a parent or anyone close to them for that matter should definitely read this. And it's not your typical "self help" book either. It reads like a memoir and I felt like I was talking to a friend about the harsh yet true reality of death. I'm sure I'll pick this up and read it again someday soon.

Sidebar: 3 1/2 years ago... my daughter was born who shares the same middle name as my mother. There's a chapter in the book called "Things Every Mother Should Tell Her Daughter". Ironically when I got to that chapter, my daughter was laying on me while watching The Little Mermaid. I think I cried through those 10 pages or so because all I could think of was that I couldn't imagine my daughter having to go through losing me one day. But the flip side is I know I will make sure (just as my mom did) that she knows how much I love her and that she will always carry my love whether I'm physically here or here in spirit.

Awesome read!!! ??????????

Angela Parker says

Good read

Enjoyed this book and cried many times. I searched for this book because I too am grieving the recent loss of my mom to cancer. The only complaint I have are the grammatical errors. The book is full of them.

Doc Fabulous says

The best thing about the book is you feel SO connected to the author! She writes the book in a way that makes you feel like she is sitting in the room next to having a personal convo. Its so comforting! It helps you remember that you are NOT alone in your grief. Everyone has lost someone so everyone can relate no matter who it is that you have lost. The hole you feel in your heart is in fact an experience that others can relate to. The love and adoration she has for her mother is so clear and so beautiful. Bravo to this author that can capture human connection and emotion using words on a page!
