



# Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone

*Jane Brooks*

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## **Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone** Jane Brooks

The word "orphan" may make us think of a child--but even self-sufficient adults can feel the pain of "orphanhood" when their parents are suddenly gone. Complicating the natural mourning process is the fact that this loss often occurs in our thirties, forties, or fifties--as we are raising our own children, watching them leave the nest, and facing other adjustments in our lives, from our jobs to our marriages to our health. This thoughtful exploration of a neglected subject explains the emotional impact of losing our parents in the midst of midlife--and why many underestimate it. Discussing such topics as changes in self-image, unresolved issues, guilt, sorrow, and anger, the emotional impact of inheritance, and the shifting of roles as a result of "midlife orphanhood," **Jane Brooks** shows us how to find new sources of strength, in both ourselves and others, after our parents are gone.

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