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



Synopsis

#1 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 20s, 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

Book Information

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Customer Reviews

"Ty's book isn't just self-help; it's a mix - memoir, detailing her personal experience with the loss of her beloved mother and an inspirational guide on how to battle through. Ty's not telling you how to grieve. She's offering up her truth and if a piece of it hits home for you, she's inviting you to take it and run." -Tia Williams, author of *The Perfect Find* "I wish I had read this before I lost my mom a few years ago and a dear friend soon after, both to cancer. Ty Alexander takes you through every phase, from diagnosis to despair to a place of gratitude. Ty's book is an essential companion for your journey through the loss of a loved one." - Nina Lesowitz, author of *Living Life as a Thank You*

Known for her beauty and lifestyle savvy, but adored because of her gorgeous grey tresses, Ty Alexander is an expert online beauty and lifestyle editor, social media consultant and style and beauty TV correspondent. Ty started her impressive editorial career as the style and beauty editor of HelloBeautiful.com, building the section from occasional stylish musings to an authority in all things beautiful with her bare, manicured hands. Armed with extensive knowledge, compassion for women of color and the kind of sass that instantly made her your BFF, Ty's work with this top women's site has allowed her dedicated readers to face their days with grace, and of course style. Her killer personality shines through every style guide, HuffPost Live, The Today Show and Dr. Oz appearance. Ty has established herself as a trendsetter in the media, boasting over 11k Twitter followers, over 8k on Instagram and over 5k on Facebook. Featured and/or dubbed "Top Blogger" on CNN Living, NY Daily News, Essence, Redbook, Ebony, Huffington Post, Black Enterprise, BUST Magazine, Hype Hair and more for everything from expert beauty tips to the sheer lust over her stunning grey mane. Ty has easily become a trusted voice and powerful influencer for beauty and lifestyle. She's built her personal brand, *Gorgeous In Grey* from a personal blog to a lifestyle site with over 100k page views per month, offering the best in fashion, beauty, fitness, health, celebrity and lifestyle. Tia Williams is the ultimate style maven with fifteen years of experience as a beauty editor (Elle, Glamour, Lucky, and Essence.com). She also launched one of the first beauty blogs, *Shake Your Beauty*, and is the award-winning author of *The Accidental Diva* and the *It Chicks* series and co-writer of Iman's makeup book, *The Beauty of Color*. Her recent national bestseller, *The Perfect Find*, has been selected by Essence, InStyle, and Ebony as one of this summer's top beach reads.

I love the author's honesty. This book reads like you are in conversation with a friend and she is telling you what you need to know before experience deep loss. I lost a spouse and this book really resonates with me. She is right that, as you go through it, you can grow through it. I will be recommending this book very highly.

I am fortunate to not have lost a parent, but this book is so much more than just a manual on how to grieve. There are poignant nuggets of wisdom both woven throughout the book and summarized at the end of each chapter for how to be a better friend, daughter, mother, and person. Ty's relationship with her mother is a true love story, one told in an intimate writing style that makes it seem like you and Ty are meeting up over coffee (or a cocktail!).

I carried this book literally everywhere I went including international vacations but was scared to read it because I was scared about opening up an emotional Pandora's box. Then I lost a dear friend and in the middle of a sleepless night I opened it. I AM SO GLAD I DID. Ty simply tells her story in a way we can all relate. She maintains her signature wit and invites us to expand our perspective on life and loss. At a time when I couldn't talk to anyone, Ty spoke straight to my heart and I actually laughed through my tears and finally got some sleep.

I lost my mother 1 year ago to cancer, and when a friend knew I was going through a rough grief wave, she recommended this book. It took me a few months to get through because it's so honest and therapeutic that I needed to let Ty's words marinate. I cried, laughed, and shouted while reading this book. It has helped me to not be "the only one without a mom" and I'm just so glad I read it. Best part is that it's written with flavor and black girl magic sprinkled on top. If you've lost your mother, this is a must read!

Great read for those who have lost their moms.

Nothing hits you like the death of your mum, whether sudden or expected. Sadly mine was unexpected in a tragic accident earlier this year involving police, paramedics, coroners and an inquest. This book came out at a time where I was searching for support and answers and I felt no one that hadn't been through this or at least lost their mum understood. I really didn't want to finish this book, which was difficult because it's not under 200 pages and could be finished in a day or two. I follow Ty on Insta and always admired her openness and honesty, how she writes

so eloquent in the description of her experience, so honest and frank I found to be relatable, soothing and most importantly as I go through my grief, supportive and understanding. From my unaddressed feelings, endless difficulty in functioning as a normal person, disappointment in friends and family, dealing and coping with an accidental death - and a mother's death in general, *Things I Wish I Knew* has equipped me to grow through it (even if undoubtedly I stumble many times) and I want to thank Ty for having the energy to put pen to paper to share her story and positively inspire the rest of us to grow through it too.

The author touches on family and things that have to do with emotion. It's a pretty good book.

I lost my mother in June to brain cancer. Ty really hit the nail on the head. I knew I needed to deal with my grief and Ty helped. I thought it was so helpful, I sent a copy to each of my sisters. Losing a momma is hard stuff, I encourage anyone in our 'motherless tribe' to read this, but make sure you have tissues handy.

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