

PODCAST REVIEW

Death Becomes Him

When *Big Brother* television star and presenter, Brian Dowling, lost his mum Rosie two years ago, it changed his outlook on life.

Over the course of this podcast series, Brian meets with his friends and family members as they try to understand death through open conversation, humour and honesty. Grief is a complicated journey, and one that Brian endeavours to explore through discussion.

Earlier in 2020, Brian and his siblings discussed their mum's passing, the shock and the immediate aftermath. At that time, none of them were sure

whether they would feel like themselves again. Brian wanted to know whether his sisters were experiencing the same sense of something missing.

In the most recent episode, Brian sits down again with his sisters. The family revisit their conversation, a few months and one pandemic later. They discuss how their grief has changed, how they managed to overcome the shock and how they are feeling now. One thing they have all realised is that talking about grief is therapy.

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