

It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand

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A New Resource for Those Experiencing Loss With It's OK That You're Not OK, Megan Devine offers a profound new approach to both the experience of grief and the way we help others who have endured tragedy. Having experienced grief from both sides - as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner - Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it. On this unabridged audio recording read by the author, Megan offers stories, research, life tips, and creative and mindfulness-based practices to guide us through an experience we all must face. With Megan's gentle but direct guidance, you'll learn: Many people who have suffered a loss feel judged, dismissed, and misunderstood by a culture that wants to "solve" grief. Megan writes, "Grief no more needs a solution than love needs a solution." It's OK That You're Not OK is a book for grieving people, those who love them, and all those seeking to love themselves - and each other - better. DISCLAIMER: "We cannot guarantee the availability of this ebook on an external site."

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