In *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 try to 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 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.

**IN THIS COMPELLING AND HEARTFUL BOOK, YOU’LL LEARN:**

- Why well-meaning advice, therapy, and spiritual wisdom so often end up making it harder for people in grief
- How challenging the myths of grief - doing away with stages, timetables, and unrealistic ideals about how grief should unfold - allows us to accept grief as a mystery to be honored instead of a problem to solve
- Practical guidance for managing stress, improving sleep, and decreasing anxiety without trying to “fix” your pain
- How to help the people you love - with essays describing the ways we unintentionally fail and how we can do better, and practical, tangible, suggestions for supporting and comforting others in grief

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.” Through stories, research, life tips, and creative and mindfulness-based practices, she offers a unique guide through an experience we all must face - in our personal lives, in the lives of those we love, and in the wider world.

*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.

**ABOUT THE AUTHOR**

Megan Devine is on a mission to help people love each other better, no matter what life brings. A licensed therapist, she’s the founder of Refuge in Grief, and has emerged as a bold new voice in the world of grief therapy. She lives in Portland, Oregon.

[www.refugeingrief.com](http://www.refugeingrief.com)