

IT'S OK THAT YOU'RE NOT OK

A life-changing approach to grief, in a culture that doesn't understand



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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



"It's OK That You're Not OK is a permission slip to feel what you feel, do what you do, and say what you say, when life finds you in a place of profound loss and the world seems hell-bent on telling you the right way to get back to being the person you'll never again be."

JONATHAN FIELDS

Author of *How To Live A Good Life*, Founder of Good Life Project

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.

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