

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

By Megan Devine



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When a painful loss or life-shattering event upends your world, here is the first thing to know: there is nothing wrong with grief. "Grief is simply love in its most wild and painful form," says Megan Devine. "It is a natural and sane response to loss." So why does our culture treat grief like a disease to be cured as quickly as possible? In *It's OK That You're Not OK*, 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 beloved partner—Devine 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 heartfelt book, you'll learn ?

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