

HSLC Book Club: It's OK That You're Not OK

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*, 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 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.

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.

We look forward to you joining the HSLC book club this January as we read this book together. Contact Lori in the office to order your copy today!