EVOLV coaching

TOP 5 Recommended Books About Grief





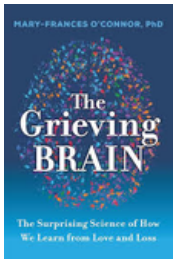
It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand

by Megan Devine

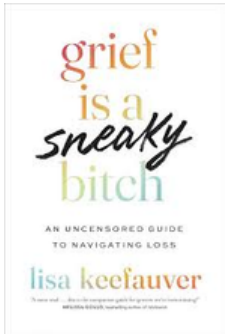
A compassionate guide that validates the experience of grief without trying to "fix" it. Devine offers a raw, honest approach that many find deeply comforting.

The Grieving Brain

by Mary-Frances O'Connor



Explores how grief reshapes the brain, blending neuroscience with personal stories to reveal why loss feels so disorienting and how the brain gradually adapts to life without a loved one.



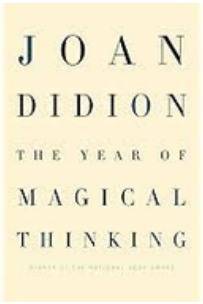
Grief is a Sneaky Bitch

by Lisa Keefauver

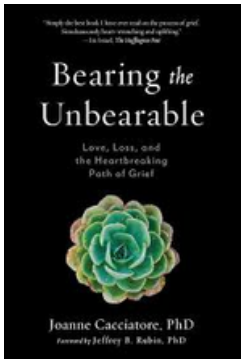
With a blend of vulnerability and humor, this book explores the multifaceted nature of grief and how it can surprise you when you least expect it.

The Year of Magical Thinking

by Joan Didion



A literary classic that delves into the author's personal experience of losing her husband and how she navigated the emotional and psychological aftermath.



Bearing the Unbearable: Love, Loss and the Heartbreaking Path of Grief

by Joanne Cacciatore

This beautifully written book offers heartfelt insights and mindfulness practices to help readers sit with grief and transform it into a source of connection and meaning.

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