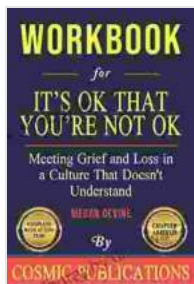


# Workbook for It's OK That You're Not OK: A Guided Journal for Embracing the Messiness of Grief



**Workbook for It's OK That You're Not OK** by Megan Devine: Meeting Grief and Loss in a Culture That Doesn't Understand by Cosmic Publications

★★★★☆ 4.4 out of 5

Language : English  
File size : 2238 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 87 pages  
Hardcover : 192 pages  
Item Weight : 12.7 ounces  
Dimensions : 5.85 x 0.63 x 8.27 inches



## By Megan Devine

Grief is a messy, unpredictable, and often lonely journey. It can feel like you're going crazy, like you're the only one who feels this way, and like you'll never be happy again.

But the truth is, grief is a normal and natural response to loss. It's a process that takes time, and it's different for everyone.

*Workbook for It's OK That You're Not OK* is a guided journal that will help you navigate the messy journey of grief. It includes:

- Over 100 writing prompts to help you explore your thoughts and feelings about your loss
- Guided meditations to help you relax and connect with your inner self
- Journaling exercises to help you process your grief and begin to heal

This journal is a safe space for you to express your grief, explore your emotions, and begin to heal. It's a companion that will walk with you through the dark times and help you find your way back to the light.

### **What Others Are Saying:**

"This journal is a lifesaver. It's helped me to process my grief and begin to heal. I'm so grateful for this resource." - Our Book Library reviewer

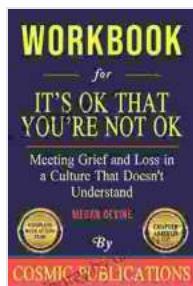
"I've tried other grief journals before, but this one is different. It's more than just a place to write down my thoughts and feelings. It's a guided journey that has helped me to understand my grief and begin to heal." - Goodreads reviewer

"This journal is a beautiful and compassionate companion for anyone who is grieving. It's a reminder that you're not alone, and that you will heal in time." - Therapist

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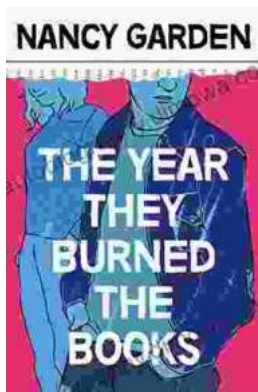
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