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Ok with you

Log in What is the difference and in which context you can use: Is it ok for you? or: Is it ok with you? MARCH 2021 Know what a thing’s called, and we own it; if not, there’s really only pointing, our still wishing we knew. The afternoon wilts round its edges, unless we’ve said it. Things OK with you? is Vincent O’Sullivan’s first collection of poems since Being Here: Selected Poems (2015) and And So It Is: New Poems (2016). His Selected Stories was published in 2019 and The Dark Is Light Enough: Ralph Hotere in 2020. Paperback, 210x138mm, 96 pages. ‘Things OK with you?’ offers stubbornness, beauty, shrugging, and deep satisfaction, but I think its soft-spoken tenderness is its most generous gift.’ —Sophie van Waardernberg, Academy of NZ Literature ‘O’Sullivan’s new collection is a form of poetry as mesh. The poems and collection as a whole resemble a web, an interlacing of ideas, things, experiences, characters, musical fluencies, silences, humour, story, admissions.’ —Paula Green, Kete Born in Auckland in 1937, Vincent O’Sullivan is the author of the novels Let the River Stand, Believers to the Bright Coast, and most recently All This by Chance, which was shortlisted for the 2019 Acorn Prize for Fiction. He has written many plays and collections of short stories and poems, was joint editor of the five-volume Letters of Katherine Mansfield, has edited a number of major anthologies, and is the author of acclaimed biographies of John Mulgan and Ralph Hotere. He was made a Distinguished Companion of the New Zealand Order of Merit in the 2000 Queen’s Birthday Honours and was the New Zealand poet laureate 2013-2015. He lives in Dunedin. Cover: Roman mosaic, Aquileia, 1st century AD(Pasquale Sorrentino) / Science Photo Library) ælItâ€™’s OK That Youâ€™™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.â€™â€™Jonathan Fields, author of How to Live a Good Life, founder of Good Life ProjectâtœMegan Devine has captured the grief experience: grief is not a problem to be solved, but a mystery to be honored. She understands the pain that grieving people carry on top of their actual grief, including the pain of being judged, dismissed, and misunderstood. Itâ€™™’s OK That Youâ€™™re Not OK is the book Iâ€™™ve been waiting for for 30 yearsâ€™the one I can recommend to any newly bereaved parent, widow, widower, or adult grieving a death.â€™â€™Donna Schuurman, senior director of advocacy and training at The Dougy Center for Grieving Children & Familiesâ€™In this beautifully written offering for our broken hearts, Megan Devine antidotes the cultureâ€™™’s messed up messages about bearing the unbearable. We donâ€™™t have to apologize for being sad! Grief is not a disease from which we must be cured as soon as possible! Rather, the landscape of loss is one of the holiest spaces we can enter. Megan serves as our fearless, feisty, and profoundly compassionate guide.â€™â€™Mirabai Starr, translator of Dark Night of the Soul: John of the Cross and author of Caravan of No Despair: A Memoir of Loss and TransformationâtœThis book is POWERFUL. Too many grief books focus on â€™getting over it,â€™™ but this book says: â€™Look grief in the eye. Sit with it.â€™™ Itâ€™™’s OK That Youâ€™™re Not OK comes at grief with no flinching. Itâ€™™’s intelligent and honest. Itâ€™™’s a message that everyone who has ever dealt with loss needs to read.â€™â€™Theresa Reed, author of The Tarot Coloring BookâtœOur current cultural norms surrounding death render us incapable of dealing with grief authentically and result in unknowingly causing more hurt and suffering to not only ourselves, but the people we care about most. Itâ€™™’s OK That Youâ€™™re Not OK is the perfect how-to manual to help heal and support ourselves, each other, and our death-avoidant society.â€™â€™Sarah Chavez, executive director of The Order of the Good DeathâtœMegan Devine knows grief intimately: sheâ€™™’s a therapist and a widow. In this wonderfully honest and deeply generous book, Devine confronts the reality of grieving and reminds us that â€™love is the thing that lasts.â€™â€™Jessica Handler, author of Invisible Sisters: A Memoir and Braving the Fire: A Guide to Writing About Grief and LossâtœMegan Devineâ€™™’s hard-won wisdom has the power to normalize and validate the experience of grief. If youâ€™™re tired of being asked, â€™Are you better now?â€™™ read this book for a fresh perspective.â€™â€™Chris Guillebeau, New York Times bestselling author of The Happiness of PursuitâtœGrief support and understanding that is heartfelt, straightforward, and wise.â€™â€™Jack Kornfield, author of A Path with HeartâtœItâ€™™’s OK That Youâ€™™re Not OK is a wise and necessary book. Megan Devine offers a loving, holistic, and honest vision of what it means to â€™companion each other inside what hurts.â€™â€™Steve Edwards, author of Breaking into the BackcountryâtœIn a culture that leaves us all woefully unprepared to navigate grief, Megan Devineâ€™™’s book is a beacon for a better way of relating. Itâ€™™’s OK That Youâ€™™re Not OK shows us the path to be companions, rather than saviors, to loved ones who are experiencing deep pain. This book should be required reading for being human.â€™â€™Kate McCombs, relationship educator and creator of Tea & Empathy eventsâtœMegan Devine tells the truth about loss, and in doing so, she normalizes an experience that has been censored and stigmatized. Itâ€™™’s OK That Youâ€™™re Not OK is enormously comforting and validating. Through her life workâ€™and now this important book–Megan leads us to a place that’s rare in our culture: a place where our loss is valued and honored and heard.â€™â€™Miller Rodr guez, author of Splitting the Difference: A Heart-Shaped MemoirâtœOne of the hardest things about going through hard times is trying to get and give support. In It’s OK That You’re Not OK Megan Devine guides us through tough times with grace. With loving acceptance and compassion, Megan is the new, warm perspective you need.â€™â€™Vanessa Van Edwards, author of Captivate and behavioral investigator at ScienceofPeople.comâtœMegan Devine shows us that rather than treat grief as an illness to recover from, we can approach it with warmth and understanding. This is an invaluable book.â€™â€™Rene Denfeld, bestselling author of The Enchanted and The Child FinderâtœThis book is the radical take on grief we all need. Megan Devine breaks apart stereotypes and societal expectations that layer additional suffering on top of the intense heartbreak of loss. For those in grief, these words will bring comfort and a deep sense of recognition. With precise language, insightful reflections, and easy-to-implement suggestions, this book is a flashlight for finding a way in the darkest times. For anyone looking to support others in their grief, this is required reading!â€™â€™Jana DeCristofaro, coordinator of Children’s Grief Services, The Dougy Center for Grieving Children & Families

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