

# How to Say “No” When You’re Grieving

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## Understanding Long-Term Loss

If you feel like your grief hasn't softened with time, please know that you are not failing, and you are not doing it wrong. You might be experiencing what professionals call Prolonged Grief.

While traditional grief tends to come in waves that slowly become more manageable, prolonged grief feels like being permanently caught in the eye of the storm. It is a deep, agonizing sense of being "stuck" in the rawness of early loss, even months or years later. The world moves on, but your mind and body remain anchored to your pain. Prolonged grief isn't a life sentence.

I'm here to help you understand how to ride the waves.

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As a thank you for downloading this guide, I would love to invite you to join my private waitlist. By joining, you will receive:

- Exclusive early access to sample pages.
- Behind-the-scenes insights on long-term healing.
- A direct notification the moment the book is officially published.

