



A PROCESS OF IDENTITY TRANSFORMATION

GRIEF

INTERVIEW

Listen to Megan Devine's incredibly powerful interview on 'The Howl at the Centre of Grief' on the Sounds True 'Insights at the Edge' podcast.

BOOK

Megan Devine (2017) It's OK That You're Not OK: Meeting Grief and Loss in a Culture that doesn't Understand. The very best bullshit-free guide to grief written.

Read Chapter 4 of Jody's book on 'Working Through the Grief of Childlessness'

BLOG

From Jody's archives.

'You're Not Crazy; You're Grieving.'

MORE BLOGS

Infertility Honesty by Sarah Chamberlain is a funny, wry, honest and powerful blog about life after infertility.

HASHTAG

Follow #EmbracingChildless to find wonderful accounts supporting childless people, without any baby triggers!



PODCAST

Jody Day interviewed by the BBC's Geeta Pendse for her "1 in 5" podcast on the experience of 'Grief and Transformation.' This episode focuses on childlessness due to 'social infertility (not having a partner) but the discussion around grief is still valid to those childless due to physical infertility.

INSTAGRAM ACCOUNTS

@Rest.Your.Heart.Here by Tanya Hubbard. Tanya is a Canadian therapist childless after infertility and a leading and very gentle voice in the childless community on Instagram.