

# WHY I HAD TO LOSE

A Journey on Living with Loss and Honoring Your Grief

When your entire world is shattered due to extreme loss, the only thing you can hold on to now is your memories. You look for connectivity and alignment with others through your grieving process.

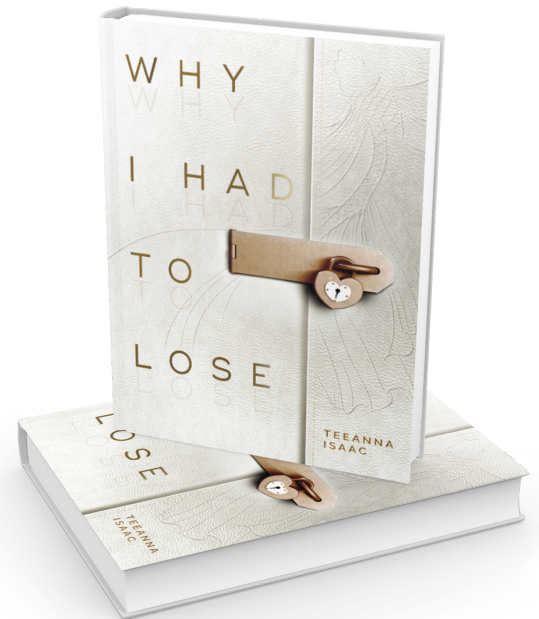
Having experienced grief at the age of sixteen when her father passed due to an unexpected heart aneurysm, Teeanna Isaac began to question her purpose in life itself. She struggled with many mental health issues, from depression to anxiety, and frequently journaled her nine-year battle with grief. In *Why I Had to Lose*, Teeanna Isaac offers the bereaved compassion and shares the healing experiences that catapulted her into a life of self-discovery.

With a profound approach to learning about oneself to bear the unbearable aspect of loss, Isaac writes from a deep understanding as she touches on subjects of depression and suicidal thoughts and even offers advice from her mother in a segment entitled *Widow to Widow*.

In this compelling and heartfelt book, you'll learn:

- That grief isn't cyclical, and there may not be some exact stages that you have to achieve to find joy again.
- All about the intimate engagement of love and melancholy - and how to use this in your journey of self-discovery.
- How grief can cause damage to one's sense of self and tips on how to not fall into bad habits.
- Practical advice for managing mental health issues- with stories from her mother and siblings nine years past their first day of grieving.
- How to help the grieving and ways to be there for the bereaved without bombarding or crowding their physical or mental spaces.

We are all faced with significant loss, in our post-pandemic world where death riddled the globe, we all need time to grieve. *Why I Had To Lose* offers research, tips, and personal stories plucked from her diaries. In this eloquent tribute to her father, Isaac offers a unique guide through an experience we all must face and compassion for those who don't understand how to help the bereaved.



*Teeanna Isaac*



Author, life coach, mentor, and volunteer grief counselor, Teeanna Isaac believes that everything happens for a reason. After experiencing the traumatic loss of her father at a very young age, she turned it into a catalyst for rebirth, and she looks at her grief as her WHY. She feels through her loss she found her purpose, and what she gained through this experience saved her life and changed her forever.

She has dedicated her time to guide others by sharing her own journey through grief. Her published work includes *The Beautiful Me* and *Mindful Marks*, an adult activity book to reduce stress and inspire self-love, and her latest book *Why I Had to Lose* is a tribute to her father where she encourages those battling loss, suicidal thoughts, and depression to begin on their own self-discovery mission and find their WHY.