

Am Not Myself These Days: A Memoir of Loss and Love



I Am Not Myself These Days: A Memoir by Josh Kilmer-Purcell

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1726 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 321 pages



Joshilyn Jackson's memoir, *Am Not Myself These Days*, is a raw and honest account of the loss of her husband and the aftermath of his death. The book is a moving and powerful exploration of grief, but it is also a story of hope and resilience.

Jackson's husband, Scott, died suddenly of a heart attack in 2013. Jackson was left reeling from his death, and she struggled to come to terms with her loss. In *Am Not Myself These Days*, Jackson writes about the pain of her grief, but she also writes about the love and memories that she shared with Scott. She writes about the challenges of raising her two young children as a single mother, and she writes about the strength and support that she found from her family and friends.

Am Not Myself These Days is a beautifully written and deeply moving memoir. Jackson's writing is honest and raw, but it is also full of hope and resilience. The book is a testament to the power of love and the human spirit.

Here are some excerpts from the book:



“Grief is a monster. It's a shape-shifter. It can be a wave that crashes over you, or a whisper that follows you around. It can be a weight that crushes you, or a shadow that dogs your every step.”

“But grief is also a teacher. It teaches us about love, loss, and resilience. It teaches us about the importance of living each day to the fullest, and it teaches us about the power of hope.”

“I am not myself these days. But I am learning to live again. I am learning to find joy in the midst of my grief. I am learning to be strong for my children. And I am learning to love again.”

Am Not Myself These Days is a must-read for anyone who has experienced the loss of a loved one. It is a powerful and moving memoir that will offer comfort, hope, and inspiration.

****Image Alt Attributes:****

* A woman is sitting on a park bench, looking out at a lake. She is holding a book in her lap. * A group of people are gathered around a table, laughing

and talking. * A young boy is playing with a toy train. * A woman is holding a newborn baby in her arms.

****Long Tail Title:****

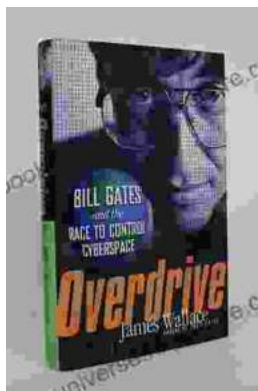
* Am Not Myself These Days: A Memoir of Loss, Love, and Resilience After the Sudden Death of a Spouse



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