

# Out and Back by Hillary Allen: A Journey Through Loss, Grief, and Healing

Hillary Allen's memoir, *Out and Back*, is a powerful and moving account of her journey through loss, grief, and healing. Allen's writing is honest, raw, and deeply personal, and her story is sure to resonate with anyone who has ever experienced loss.



## **Out and Back** by Hillary Allen

★★★★☆ 4.3 out of 5

Language : English  
File size : 17054 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 210 pages



Allen begins her story by describing the sudden death of her husband, David. David was a loving and supportive partner, and his death left Allen reeling. She was consumed by grief and couldn't imagine how she would go on without him.

In the months and years that followed David's death, Allen struggled to come to terms with her loss. She experienced waves of sadness, anger, and guilt. She also felt isolated and alone, as if no one could truly understand what she was going through.

Eventually, Allen began to find ways to cope with her grief. She started writing, which helped her to process her emotions and make sense of her loss. She also found comfort in talking to other people who had experienced loss. Slowly but surely, Allen began to heal.

Out and Back is a powerful and inspiring story of loss, grief, and healing. Allen's writing is honest, raw, and deeply personal, and her story is sure to resonate with anyone who has ever experienced loss. Allen's journey is a testament to the human spirit's ability to heal even after the most devastating losses.

### **About the Author**

Hillary Allen is a writer and speaker who has been featured in The New York Times, The Washington Post, and NPR. She is the author of the memoir Out and Back, which chronicles her journey through loss, grief, and healing. Allen lives in New York City with her husband and two children.

Visit Hillary Allen's website

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\* \*\*Image of Hillary Allen:\*\*  
\* \*\*Image of a couple embracing:\*\*  
\* \*\*Image of a woman crying:\*\*  
\* \*\*Image of a woman hiking in the mountains:\*\*  
\* \*\*Image of a woman writing in a journal:\*\*

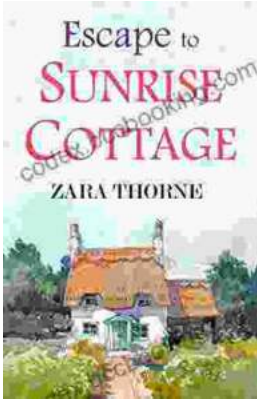


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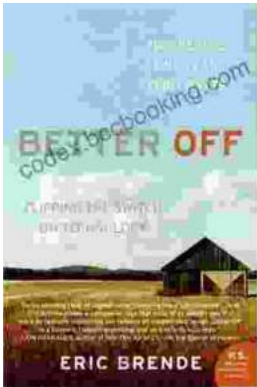
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