

# If He Had Been With Me: A Sister's Heartbreaking Journey of Grief and Self-Discovery

In her debut memoir, Koren Zailckas shares her raw and unforgettable journey of grief and self-discovery after the sudden death of her beloved brother, Kevin.



**If He Had Been with Me** by Laura Nowlin

★★★★☆ 4.4 out of 5

Language : English  
File size : 2648 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Print length : 338 pages



Written with unflinching honesty and vulnerability, *If He Had Been With Me* explores the profound emotions and transformative experiences that Koren faced in the aftermath of Kevin's passing. From the initial shock and disbelief to the overwhelming waves of sorrow and the gradual process of healing, Koren's words paint a vivid and poignant portrait of a sister's love and loss.

Intimate and deeply personal, the book delves into Koren's memories of Kevin, their shared childhood, and the unbreakable bond they forged.

Through her vivid storytelling, she captures the essence of Kevin's spirit, his infectious laughter, and his unwavering love for his family.

But *If He Had Been With Me* is more than just a story of grief. It is also a chronicle of Koren's own personal growth and transformation. As she navigates the labyrinth of emotions that accompany loss, Koren grapples with questions of faith, mortality, and the meaning of life.

With unflinching courage, Koren shares her struggles and triumphs, her doubts and her moments of hope. She writes about the importance of seeking support from others, the transformative power of nature, and the unexpected ways in which grief can lead to personal growth.

Ultimately, *If He Had Been With Me* is a testament to the enduring power of love and the human spirit's ability to heal and find meaning in the face of adversity. It is a story that will resonate with anyone who has experienced loss, and it offers a lifeline of hope and inspiration for those who are navigating the challenges of grief.

### **Praise for *If He Had Been With Me***

"*If He Had Been With Me* is a powerful and moving memoir that explores the depths of grief and the transformative journey of self-discovery. Koren Zailckas writes with raw honesty and vulnerability, capturing the essence of a sister's love and loss with poignant clarity. This book is a testament to the enduring power of the human spirit and the importance of finding meaning in the face of adversity." - **Kristin Hannah**, #1 *New York Times* bestselling author of *The Nightingale*

"Koren Zailckas's memoir is a beautifully written and deeply moving account of grief and healing. With raw honesty and vulnerability, she shares her journey through the darkness of loss and the gradual process of finding light again. *If He Had Been With Me* is a testament to the power of love and the resilience of the human spirit." - **Emily Giffin**, *New York Times* bestselling author of *Something Borrowed*

"*If He Had Been With Me* is a powerful and heartbreaking memoir that will stay with you long after you finish reading it. Koren Zailckas writes with such honesty and vulnerability about the loss of her brother, Kevin. This book is a testament to the power of love, the importance of family, and the search for meaning in the face of grief." - **Jenna Bush Hager**, *New York Times* bestselling author of *Everything Beautiful in Its Time*

## **About the Author**

Koren Zailckas is a writer and speaker who has spent the last decade working with families who have experienced the death of a loved one. She is the founder of the Grief & Hope Project, a nonprofit organization that provides support and resources to grieving families. Koren lives in Minnesota with her husband and two young children.

To learn more about Koren and her work, visit her website at <https://www.korenzailckas.com>.

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Thank you for your interest in *If He Had Been With Me*. We hope you will find this book to be a source of comfort, inspiration, and hope.



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