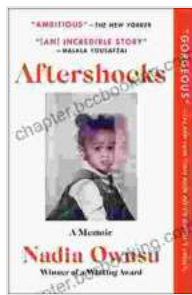


# Aftershocks: A Memoir of Loss, Grief, and the Path to Acceptance by Nadia Owusu

In her debut memoir, *Aftershocks*, Nadia Owusu writes with honesty and vulnerability about the death of her father, her struggles with depression and anxiety, and her search for meaning in the wake of tragedy. Owusu's writing is both lyrical and raw, and she captures the complexities of grief and loss with stunning precision.



## Aftershocks: A Memoir by Nadia Owusu

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1161 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 316 pages



Owusu begins her memoir by describing the day her father died. She was just a child at the time, and she didn't fully understand what had happened. In the years that followed, she struggled to come to terms with her father's death. She felt lost and alone, and she didn't know how to move on.

As Owusu grew older, she began to explore her grief through writing. She wrote poems and essays about her father, and she found that writing helped her to process her emotions and make sense of her loss.

Eventually, she decided to write a memoir about her experiences. She wanted to share her story with others who had also experienced loss, and she wanted to help them feel less alone.

*Aftershocks* is a beautifully written and deeply resonant memoir. Owusu's writing is both honest and vulnerable, and she captures the complexities of grief and loss with stunning precision. *Aftershocks* is a must-read for anyone who has ever experienced loss, and it is a powerful reminder that we are not alone in our grief.

### **Praise for *Aftershocks***

"*Aftershocks* is a beautifully written and deeply moving memoir. Owusu's writing is honest, vulnerable, and resonant. This is a must-read for anyone who has ever experienced loss." - **Celeste Ng, author of *Little Fires Everywhere***

### ***Everywhere***

"*Aftershocks* is a powerful and important memoir. Owusu's writing is both personal and universal, and she captures the complexities of grief and loss with stunning precision. This is a book that will stay with readers long after they finish reading it." - **Roxane Gay, author of *Bad Feminist***

"*Aftershocks* is a beautifully written and deeply moving memoir. Owusu's writing is honest, vulnerable, and resonant. This is a must-read for anyone who has ever experienced loss." - **Jami Attenberg, author of *All Grown Up***

### ***Up***

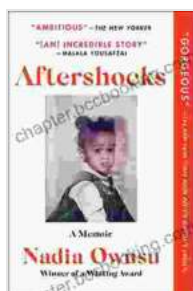
### **About the Author**

Nadia Owusu is a Ghanaian-American writer. She is the author of the memoir *Aftershocks* and the novel *That Reminds Me*. Owusu's writing has

appeared in *The New York Times*, *The Paris Review*, and *Granta*, among other publications. She lives in Brooklyn, New York.

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