

Meghann Scully is a radio, TV and online presenter and producer. She is also the author of *Broken Love: My Journey Through Loss and Grief* and *Little Pocket of Love*. Her own journey began in 2005, when her brother, Marcus, was tragically killed in a car accident and her father, Maxie, passed away in 2006 after a long battle with illness. In her debut book, she is open and honest about the grief she suffered and how it greatly affected her life.

It's a raw book that exposes the harsh reality of living with loss, depression, sadness, anxiety, panic attacks and finding acceptance. Her second book is a book of self care and wellbeing and how she manages every day to keep moving forward. She isn't a trained psychologist or therapist, she is a girl telling her story aiming to normalise the conversation around grief and to let you know that you are never alone on what can feel like the loneliest journey.