

What Happens in the Brain When We Grieve

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When we lose someone or something we love, it can feel like we've lost a part of ourselves. And for good reason—our brains are learning how to live in the world without someone we care about in it. Host Emily Kwong talks with psychologist Mary-Frances O'Connor about the process our brains go through when we experience grief. Her book, [*The Grieving Brain: The Surprising Science of How We Learn from Love and Loss*](#), publishes February 1, 2022.

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