

# Finding Refuge

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2026-06

## Synopsis

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inLanguage	english	

**Learn how to process your own grief - as well as family, community, and global grief - with this fierce and openhearted guide to healing in an unjust world.**

In unsettling and uncertain times, the individual and collective heartbreak that lives in our bodies and communities can feel insurmountable. Many of us have been conditioned by the dominant culture to not name, focus on, or wade through the difficulties of our lives. But in order to heal, we must make space for grief and prioritize our wholeness, our humanity, and our inherent divinity.

In *Finding Refuge*, social justice activist, social worker, and yoga teacher Michelle Cassandra Johnson offers those who feel brokenhearted, helpless, confused, powerless, and desperate the tools they need to be present with their grief while also remaining openhearted. Through powerful personal narrative and meditation and journaling practices at the end of each chapter that explore being present with your heart, Michelle empowers us to see that each of us has a role to play in building enough momentum to take intentional action and shift what is unsettled and unjust in the world. *Finding Refuge* is an invitation to pick up the shattered parts of yourself and remember your strength, wholeness, and sacredness through this practice of presence and attending to your grief.

## Reader's comments

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