



WE HURT, WE HEAL, WE GROW, WE TEACH.

by Marie Alessi

Rob wanted to wake me at 7.30am. He was away on a business trip, my phone hadn't updated properly, and he promised to be my alarm. I could always rely on him.

Yet, that day there was radio silence. A few unanswered text messages and phone calls later, my phone finally rang at 4pm.

A Sergeant introduces himself, then says "I'm sorry to inform you that your husband deceased in a hotel room in Perth this morning." My bedroom filled with deafening silence, and I sank to the floor.

Rob had died from a brain aneurysm aged 45. We were at the prime of our lives; we had plans! We always thought we'd be like that couple on the retirement brochures, wearing white, walking the beach hand in hand, enjoying our life together. After all, we were that couple. Still happily in Love after 12 years of marriage, 2 young boys at the age of ten and 8 – and then life took the most unexpected turn.

I consider myself lucky that Rob and I had the what if conversations only a couple of years prior – our wish was: *"If something was to happen to me, I would want you to create the happiest life for the boys and yourself!"* We meant it. Love is simple. Love just wants you to be happy!

The moment I had to share the news with our boys, happiness felt like a farce to me. But my direction was clear. "Happy" became my North Star, my lighthouse in our darkest hours – I knew this was the path we had chosen for each other. I chose to create happiness for us – every single day.

I realised quickly that my approach to grief was rather different from what people expected, and I decided to write a book about it.

Our story ranked in the top 100 of Australia's Amazon Bestseller list. I was blown away. It gifted me this beautiful realisation that I had something the world needed: Hope – in a time where you least expect it, and need it the most!



A couple of weeks later, we embarked on a trip around the world; I needed to step away from all the first milestones to come without Rob; I needed to create new happy memories for the 3 of us.

We snorkelled the Maldives, rolled in black volcanic sand on the Canary Islands, built a massive snow dragon in Austria, ate escargots in Paris (never again!!) and, after a short stopover in Germany, we finished our trip at the Universal Studios on Sentosa Island.



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This journey certainly was a paradigm shift in grief; it gave us new direction and breathing space, after all the heaviness we had waded through.

I love seeing the effects my decisions have on our boys. They are both striving these days, filling my heart with so much joy and gratitude. It is a privilege being their mum, watching them grow into young gentlemen that Rob would be beyond proud of!

I have turned my “hidden gifts in adversity” into helping thousands of people onto their healing path. I share my message about “The Power of Grief”, encouraging people to try a new perspective – one that leads to healing! I feel this depth of purpose in its utmost simplicity: We hurt, we heal, we grow, we teach.

Marie is a bestselling Author, TEDx and Keynote Speaker. After her husband’s unexpected death, she dedicated her life to allowing healing, and creating happiness for her young family. Becoming a widow at 45 was nothing she had anticipated. Marie’s shares her rather different approach to grief to inspire others.

