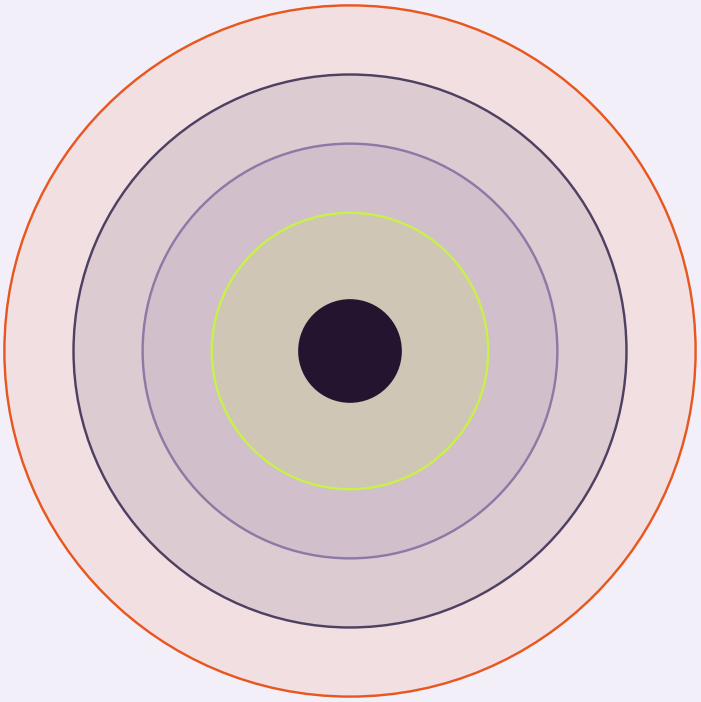


The Solo Honey-moon

A reading of the book by Laura Murphy with Bret Witter (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of The Solo Honeymoon, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

A memoir of the honeymoon Laura Murphy took alone across Europe after her fiancé Devon O'Grady died in her arms a month before their wedding — a trip she documented on TikTok, and a book about carrying on after that.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Grief is not the price of love. It is the same thing, arriving later and in the wrong order.

The line the whole memoir turns on — that the size of the loss is a measurement of what was there.

2 HOURLIFE TAKEAWAY

She went anyway. Not because she was ready, and not because it would help — because the trip already existed.

The decision at the centre of the book: honouring a plan made for two while being one.

3 HOURLIFE TAKEAWAY

The trip is not the part that made her brave. The part before it, when leaving the house was too much, is.

HourLife's reading: the courage was not in the departure. Travel stories tend to skip what came before it.

4 HOURLIFE TAKEAWAY

Doing the thing alone does not make it yours instead of theirs. It makes it both.

Why the honeymoon can stay a honeymoon: you need not rename it into something more manageable.

5 HOURLIFE TAKEAWAY

Strangers will carry you further than you expect, if you let them see that you need it.

The community that formed around the trip, online and on the road, and what it took to accept it.

6 HOURLIFE TAKEAWAY

Grief needs somewhere to go, out loud. The location matters less than the permission.

A portable idea, in HourLife's words: give the feeling a place to be heard.

7 HOURLIFE TAKEAWAY

Millions followed along, which is not the point — it began as a record for family and friends, and that is.

The TikTok record began as something for family and friends; the honesty predates the audience.

8 HOURLIFE TAKEAWAY

Whether life is still worth living is a question, not a slogan. She spends the whole trip actually asking it.

What separates this from an inspirational travelogue: the answer is not assumed at the start.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Do not cancel it yet
- [ ] Write down what the plan was for
- [ ] Pick one thing you will carry
- [ ] Tell three people exactly what you need
- [ ] Set the return date before you leave

KEEP UP DAILY

- ◯ Say the name out loud, daily
- ◯ Give the grief somewhere to go, on purpose
- ◯ Record one small thing each day

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

Do not cancel it yet

Whatever was booked for two — the trip, the table, the tickets.

Decide later. Grief is a terrible time to make permanent decisions, and the deadline is almost never as fixed as it feels.

MY VERSION

DONE ON

☐ SETUP 2

Write down what the plan was for

Not the itinerary — the reason.

The version you would have told a friend. Everything you decide about it afterwards should be measured against that, not against what other people think you should do.

MY VERSION

DONE ON

☐ SETUP 3

Pick one thing you will carry

A jumper, a ring, a printed list in their handwriting.

One object, chosen deliberately, does more than a suitcase of things you could not face sorting.

MY VERSION

DONE ON

☐ SETUP 4

Tell three people exactly what you need

Not 'let me know if you need anything' — the specific thing.

Someone to drive you, someone to sit in silence, someone who will still text on day ninety when everyone else has moved on.

MY VERSION

DONE ON

☐ SETUP 5

Set the return date before you leave

A trip taken in grief needs an end, or it can become running.

A fixed length is what separates a journey from an escape.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Say the name out loud, daily

In conversation, not only in your head.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Give the grief somewhere to go, on purpose

Scream on the mountain, cry in the car, write the letter.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Record one small thing each day

A photo, three lines, a voice note.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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December 2026

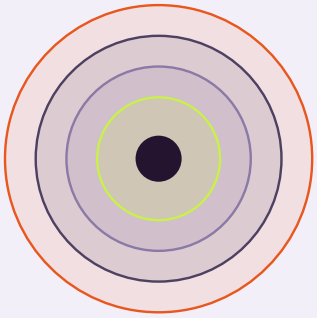
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Your pain is a reflection of your joy. Nobody grieves like that for a life they did not love.

HOURLIFE DISTILLATION