# Jill Halfpenny Opens Up About Loss and New Book on Grief



**Jill Halfpenny Discusses Coping with Loss and Upcoming Book**

Actress Jill Halfpenny has opened up about the impact of losing her partner Matt in 2017 and her father, Colin, at a young age. Halfpenny, known for her roles in "Byker Grove," "Coronation Street," "EastEnders," and her win on "Strictly Come Dancing" in 2004, revealed these personal experiences in an interview with Prima magazine for their July 2024 issue.

Halfpenny's father died from a heart attack when she was four years old, and her partner Matt also succumbed to a sudden heart attack at age 43. She described feeling "cursed" by these tragedies, which prompted her to seek therapy. Reflecting on her grief, she mentioned that these losses left her with unprocessed emotions that influenced her behavior into her 20s.

Through therapy, Halfpenny addressed her grief, culminating in her book, "A Life Reimagined: My Journey Of Hope In The Midst Of Loss," set for publication on June 20. She highlighted the importance of discussing grief openly and shared that processing her grief has made her more compassionate and self-aware.

The July issue of Prima magazine featuring Jill Halfpenny is currently available.