



I Never Held You: Miscarriage, Grief, Healing and Recovery

Ellen M. DuBois

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I Never Held You speaks to the heart of women, their families and friends who have either lived through the pain & grief after miscarriage, or who want to better support someone who has. Author Ellen M. DuBois shares her own painful journey after miscarriage taking you from her darkest moments of grief, despair, isolation, anxiety, fear and depression to the steps she took towards healing and recovery. Her suggestions prove to be helpful in balancing the emotional peaks and valleys after suffering such a heartbreaking loss. I Never Held You validates your grief after losing a baby to miscarriage, and assures you that you're not alone in your struggle. With the help of contributing author Dr. Linda Backman, Ed.D., licensed grief counselor, psychologist and author, you'll come to better understand grief- and why it's so important to allow yourself the time necessary to heal. If you're looking for help and support after miscarriage, or want to help someone how has miscarried, this is the book for you. Companion website: MiscarriageHelp.com

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