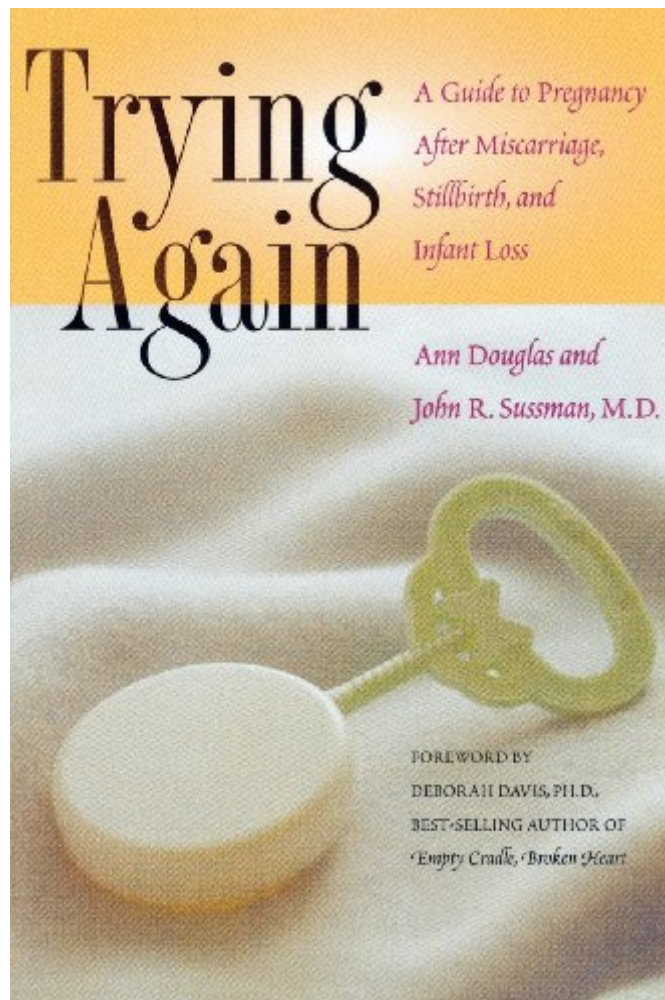




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# Trying Again: A Guide To Pregnancy After Miscarriage, Stillbirth, And Infant Loss



## Synopsis

Written especially for parents who have lost a child, Trying Again provides facts to help determine whether you, or your partner, are emotionally ready for another pregnancy.

## Book Information

File Size: 3105 KB

Print Length: 328 pages

Publisher: Taylor Trade Publishing; 1 edition (October 25, 2000)

Publication Date: July 31, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B009R6GHVO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #324,502 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #90

in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Parenting > Child Care

#146 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #236

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> Pregnancy & Childbirth

## Customer Reviews

It was very focused on the logistics of trying again, and less on the emotional consequences, but it was still a great read and brought me some measure of comfort.

Lots of detailed clinical information and lots of personal stories. A bit too clinical for me at times - perhaps because I am orientated to doing my own clinical research and was looking for more help dealing with the complex emotions. Still very useful as a reference and probably one of the best books for this purpose.

After my miscarriage I found it hard to get excited about pregnancy. I think this book was good in

that it acknowledged some of the feelings I was having which helped me to move forward. I would recommend this to women trying to moving forward but would recommend a support group as being more helpful. This was something I thumbed through everytime I was feeling down.

It is said that no loss in life affects us as deeply and profoundly as that which we experience when a child of ours dies. Whether the child is a 6-week-old embryo, a 39-week-old fetus, or a grown adult, the mother or father in us feels a sadness that is hard to understand, describe, or come to terms with. Making the decision to try again can be courageous, impetuous, desperate--and a supreme physical and emotional sacrifice. This book can help make the decision informed. Many books are available for people who are pregnant, who want to get pregnant, or who are grieving the loss of a baby. This book is different because it focuses on that fragile period between having lost a child and the decision to, and the act of, trying to become pregnant with another one. Instead of glossing over or whispering about death, this book faces this common experience head on, offering both compassion and practical information and advice about why this happens and how to go on from here. The personal accounts of the several women and men who went through miscarriage, stillbirth, and early infant death are especially helpful, because readers can understand that this experience is not uncommon--even though their emotional response to it may be unique. I wish this book had been available when I lost my first baby at 12 weeks into the pregnancy. It would have helped me get through the five months of grief, anger, resentment, guilt, and shattered trust and self-confidence that followed. I plan to give copies of this book to friends, and I strongly recommend this book to anyone who wants to try again.

Exactly what I wanted to give to my daughter who just lost a pregnancy.

After trying for four years to have my family, my Husband and I finally got pregnant with help with fertility meds. It was a total shock to say the least and after seeing the heartbeat at 6 weeks and everything looking good we were thrilled. Two weeks later we lost our baby after finding out there was no heartbeat and the baby had stopped growing. It took months of depression, before I found this book. After reading this, I finally have a feeling of being ok and realizing how much this baby meant and that it was ok to continue and try again. There is so much useful information in this book to all the many aspects of miscarriage, stillbirth, and infant loss. More information than I would have ever thought would have been included in a book. It is very detailed and very helpful especially in understanding your feelings and knowing they are ok to feel. I would recommend this book to

anyone going through the loss of a baby or even to those continuing to try through treatments. It is really an amazing read and incredibly helpful and real!

I have read a tons of books since I delivered stillborn 6 weeks ago. Most of the books I'm giving to my doctor to have as resources on hand for others that go through the same struggle, but this is one that I'm keeping. It is full of great information and I want to keep it until I deliver a healthy baby. I have already recommended this book to others I know that will find it helpful.

While we are still not at the trying again stage, it was good to understand what would be ahead for us...emotionally, physically, etc. I would recommend this to anyone looking to have another baby after a miscarriage, stillbirth or early infant loss.

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