



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

By *Ellen M. DuBois*

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I Never Held You: Miscarriage, Grief, Healing and Recovery By Ellen M. DuBois

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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Editorial Review

Review

I Never Held You validates the grief experienced after miscarriage and assures you that although your baby was never held, your baby was loved. Find miscarriage support in this touching, helpful book.

--Ellen M. DuBois, Author

"I found this book to be excellent for those who are struggling with their own losses and are looking for a book that will comfort them and give them a glimpse of that light in the tunnel no matter how little it may be."

Saturday, January 28th, 2011: *I Never Held You* (Createspace) was recommended by nationally syndicated columnist Amy Dickinson, "Ask Amy" (Chicago Tribune), to a writer needing advice on coping after miscarriage. "Ask Amy" is published in over 100 newspapers. chicagotribune.com/features/tribu/askamy/ct-ae-0128-amy-20120128,0,1032340.column

From the Author

I know what it feels like to suffer a miscarriage and have your world turned upsidedown. I know that terrible, surreal feeling as you look at your ultra sound and hear the doctor's voice say there's no heartbeat- your baby has 'expired'. And I know that feeling- the one where you're 'detached' from yourself, almost numb, as you walk out the door knowing your baby is no longer alive.

You want to cry, scream, run...be anywhere but in that moment.

When I miscarried some twenty-years ago, it was horrible. I felt like my world caved in and although my family and friends were very supportive, I felt so alone. I cried, suffered anxiety attacks, missed my baby more than anything and wondered if I'd ever pull out of the dark place was in.

My entire world seemed to have a fog over it. Nothing looked or felt right.

Years later, something told me to take my experiences after miscarrying my beloved son, Alex, and write about them in the hope of reaching out to others who were living the same. I found very little support- in bookstores, etc. Other than a pamphlet or two I'd been given from my doctor, there was nothing. The Internet was in its infancy. Where was I to go?

*That's what drove me to write *I Never Held You*, and it continues to drive me in my outreach to all women and their families who have suffered the pains of miscarriage, or sadly, more than one. I want to do my part in making sure no woman feels as alone as I did after my miscarriage. Since 2006, when *I Never Held You* was first published in paperback, I've been blessed with not only being published, but also in creating and hosting the companion support site. It has been and continues to be an honor to provide a platform for women and their families to share, connect, and find the support I so needed all those years ago.*

The support I know many, many women need today.

**I Never Held You* was born out of one of the darkest times of my life. However, adversity transformed into*

something positive- support after miscarriage, which you'll find within the pages of my book.

I am deeply sorry for your loss and please know you are in my thoughts and prayers.

Love and Light,

Ellen

From the Inside Flap

I Never Held You

A book about miscarriage, healing and recovery.

Ellen M. DuBois

With commentaries by Linda R. Backman, Ed.D., Licensed Psychologist and Grief Counselor, and a special chapter entitled *What is Reiki?* by Anna Pizzoferrato, certified Reiki and Shamballa Master/Teacher.

Users Review

From reader reviews:

Jeff Puckett:

The particular book I Never Held You: Miscarriage, Grief, Healing and Recovery has a lot info on it. So when you check out this book you can get a lot of help. The book was compiled by the very famous author. Mcdougal makes some research prior to write this book. This particular book very easy to read you will get the point easily after scanning this book.

Cora Morrell:

People live in this new time of lifestyle always try to and must have the time or they will get great deal of stress from both way of life and work. So , whenever we ask do people have time, we will say absolutely of course. People is human not just a robot. Then we ask again, what kind of activity do you possess when the spare time coming to you of course your answer can unlimited right. Then do you ever try this one, reading guides. It can be your alternative inside spending your spare time, typically the book you have read is usually I Never Held You: Miscarriage, Grief, Healing and Recovery.

Martin Elkins:

Your reading 6th sense will not betray anyone, why because this I Never Held You: Miscarriage, Grief, Healing and Recovery book written by well-known writer who really knows well how to make book that can be understand by anyone who have read the book. Written inside good manner for you, leaking every ideas and producing skill only for eliminate your current hunger then you still doubt I Never Held You: Miscarriage, Grief, Healing and Recovery as good book not just by the cover but also through the content. This is one e-book that can break don't ascertain book by its handle, so do you still needing another sixth sense to pick this kind of!? Oh come on your reading sixth sense already said so why you have to listening to another sixth sense.

Barbra Poole:

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