

The Miscarriage Map

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Synopsis

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Miscarriage: It can devastate an individual, a couple, and family to their very core. And yet, this painfully common human experience is so rarely talked about. How do we continue functioning? How do we tell our partner what we need? How do we deal with emotional dumpster fire that is the aftermath of a miscarriage? How do we not kill the fifth person who tells us "You can always have another baby." With unflinching honesty and fearless humor, psychologist Dr. Sunita Osborn addresses the relevant but often unspoken topics following a miscarriage, including the impact of miscarriage on a relationship, hating pregnant people and all things baby after miscarriage, your relationship with your body after miscarriage, and how to move forward (not past). Informed by her clinical expertise and her own personal experience with miscarriage, The Miscarriage Map offers women, their partners, and loved ones the nitty gritty realities of a miscarriage, the accompanying emotional roller coaster, and specific steps to take to help them get through this loss.

Reader's comments

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