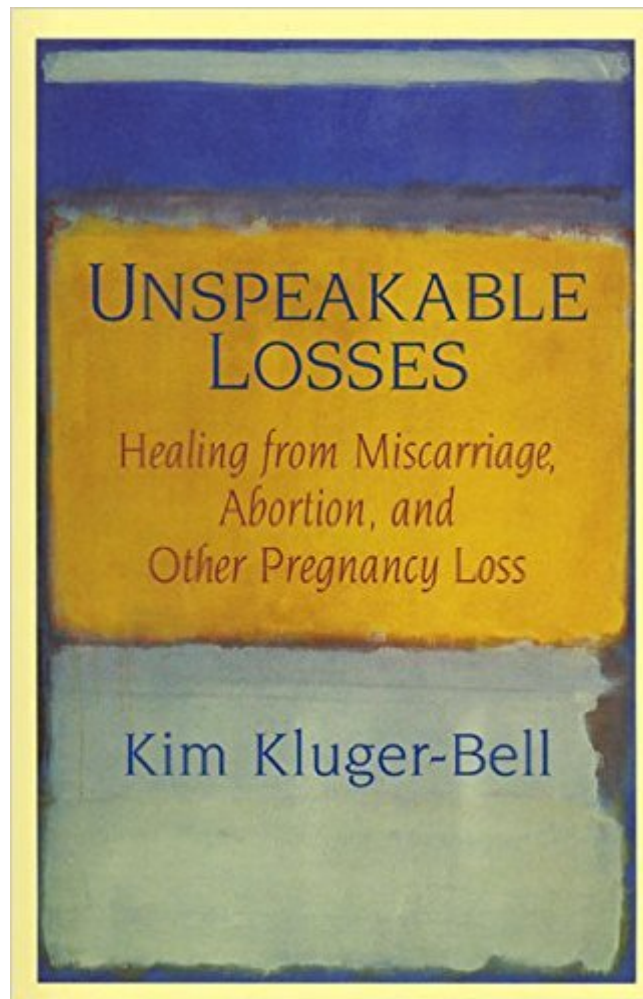


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# Unspeakable Losses: Healing From Miscarriage, Abortion, And Other Pregnancy Loss



## **Synopsis**

This comforting and healing book is a must--not only for women who have at one time experienced pregnancy loss but also for their parents, sisters, daughters, brothers, and friends. Kim Kluger-Bell's extensive fieldwork as a therapist specializing in the psychodynamics of reproductive crises strips away the shrouds of silence surrounding pregnancy losses and abortions, giving new voice to these "unspeakable losses." Filled with in-depth stories of those who have experienced losses and solid, practical advice with mourning rituals and services, *Unspeakable Losses* is a necessary companion to all those who have experienced pregnancy loss and those who care about them. This soothing book is a must--not simply for women who have experienced pregnancy loss, but also for their partners and those who care about them. Kim Kluger-Bell, a therapist specializing in the psychodynamics of losing a child before birth--whether to abortion, miscarriage, or other loss--strips away the shrouds of silence surrounding this unique pain. She gives new voice to these "unspeakable losses," in a culture that has rendered its discussion taboo. Combining in-depth stories with solid, practical advice, *Unspeakable Losses* articulates the myriad emotional stages that arise from pregnancy loss and validates what can otherwise be a terribly lonely experience. This book is a vital companion for women and men in comprehending--and recovering from--their own experience with reproductive crisis. This soothing book is a must--not simply for women who have experienced pregnancy loss, but also for their partners and those who care about them. Kim Kluger-Bell, a therapist specializing in the psychodynamics of losing a child before birth--whether to abortion, miscarriage, or other loss--strips away the shrouds of silence surrounding this unique pain. She gives new voice to these "unspeakable losses," in a culture that has rendered its discussion taboo. Combining in-depth stories with solid, practical advice, *Unspeakable Losses* articulates the myriad emotional stages that arise from pregnancy loss and validates what can otherwise be a terribly lonely experience. This book is a vital companion for women and men in comprehending--and recovering from--their own experience with reproductive crisis.

## **Book Information**

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## Customer Reviews

Reading this book has been a very thought-provoking experience for me, on many levels. I have read many books on miscarriage and other forms of pregnancy loss, but none has attempted the links that this book has. The author looks at the way in which pregnancy loss is seen by Western societies and explores the resulting effects on women who lose babies in different circumstances. There is much balance and sensitivity in this book, which is a tremendous achievement for the author. What I found particularly illuminating was the way in which case studies are used to look at how losing a baby can echo previous experiences, particularly in childhood. Whilst readers are unlikely to be carbon copies of the people described in the case studies, there are many subtle threads within them to make you just stop and think, and begin the fascinating process of making connections between your own experiences. I wrote down some key quotes from it in my journal, so that I could reflect on them and see if applying them to my own experience of pregnancy loss and childhood would reveal any new interpretations for me. There are not many books which achieve that level of insight! The reference section at the back includes Internet web sites, which reflects how up to date it is. All in all, a terrific book which the author should be very proud of writing.

I read this book when it first came out several years ago and I still think it is the best book available on the topic of pregnancy loss because it is so intelligently written and profoundly moving. It's not just a book about loss, it's a book about life! I have recently read a couple of negative reviews of this book--which seem to be based solely on the fact that the author includes abortion in several short sections of the book. I was shocked and dismayed to see that someone called the book "insensitive" for including abortion--clearly that reviewer is a very angry person! I hope that no one will be discouraged from reading this book because of that, because the compassion the author brings to both the topics of miscarriage, still birth and abortion is very healing for all.

Really informative & compassionate book. I found the case studies helpful. It would be great if the author wrote an updated edition as a lot has changed in reproductive technologies & psychological

effects. I liked how she covered all types of losses.

This book touches upon various combinations of loss, making it clear that not all miscarriages, abortions, and infertility issues have the same circumstances and cause the same heartache. These are complex subjects, but the simplicity of the way Kluger-Bell writes of them really brings home the human aspect of loss, whether it is chosen or unexpected.

Ms. Kluger-Bell has brought an emotionally wrenching subject to light in a warm approachable way, allowing anyone who needs to deal with pregnancy loss a way to do so. Because nearly all women and men will know loved ones who will experience or have already experienced such a loss, this book is a must read. It's also a good book to have on one's bookshelf for loaning to others in a time of grief from pregnancy loss.

After losing my first baby to miscarriage I went searching for answers to my feelings and emotions. At times I felt (and still do) like I was going totally crazy and my feelings were unjustified or an overreaction. Kim Kluger-Bell made me understand and realise that my feelings are normal and felt by many other women out there. The way she described many of the feelings and thoughts about other people could have very well be written about myself. I could really relate to what she was saying and she has made me understand that nothing is wrong with me - the problem is with society!

Will keep this book forever. The exercises force you to take a good, hard, honest look at the choice you made and help you to remember why the choice was right for you at that time. It felt as if it focused on the woman who experienced her abortion years earlier. I think perhaps my choice is too fresh to view so completely as the pain is deep and confusing for me still. BUT I will keep reading and rereading it until I have dealt with my issues for I believe this book can guide me to my road of peace.

Wonderful gift for friend whose has suffered loss of a child through a miscarriage or still birth or abortion. Emotionally supportive.

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