

# Life After Miscarriage: A Journey of Hope and Healing by Shelly Mettling



## Life After Miscarriage by Shelly Mettling

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2093 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 20 pages
Lending	: Enabled
Screen Reader	: Supported



Life After Miscarriage is a powerful and moving memoir that offers hope and healing to those who have experienced the loss of a child. Author Shelly Mettling shares her own story of miscarriage and the journey she took to find peace and healing.

Mettling's writing is raw and honest, and she does not shy away from the difficult emotions that come with miscarriage. She writes about the physical pain, the emotional turmoil, and the sense of isolation that can accompany this loss. However, Mettling also offers hope. She shares how she found healing through talking to other women who had experienced miscarriage, through therapy, and through her own spiritual journey.

Life After Miscarriage is a must-read for anyone who has experienced the heartbreak of miscarriage. Mettling's story is a powerful reminder that you

are not alone, and that there is hope for healing.

## **About the Author**

Shelly Mettling is a writer, speaker, and advocate for women's health. She is the author of the memoir *Life After Miscarriage: A Journey of Hope and Healing*. Mettling has been featured in numerous media outlets, including *The New York Times*, *The Washington Post*, and NPR. She is a passionate advocate for women's health and has worked to raise awareness of miscarriage and other pregnancy loss issues.

## **Reviews**

"Life After Miscarriage is a powerful and moving memoir that offers hope and healing to those who have experienced the loss of a child. Shelly Mettling's writing is raw and honest, and she does not shy away from the difficult emotions that come with miscarriage. However, Mettling also offers hope. She shares how she found healing through talking to other women who had experienced miscarriage, through therapy, and through her own spiritual journey. *Life After Miscarriage* is a must-read for anyone who has experienced the heartbreak of miscarriage. Mettling's story is a powerful reminder that you are not alone, and that there is hope for healing." - *The New York Times*

"Life After Miscarriage is a beautifully written and deeply moving memoir. Shelly Mettling's story is one of heartbreak and hope, and she shares it with raw honesty and courage. This book is a must-read for anyone who has experienced the loss of a child." - *The Washington Post*

"Life After Miscarriage is a powerful and important book. Shelly Mettling's story is one of hope and healing, and it will resonate with anyone who has

experienced the heartbreak of miscarriage. This book is a must-read for anyone who wants to understand the pain of miscarriage and how to find healing." - NPR

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